



softball

Effective Practice

7 STEPS TO PLANNING AN EFFECTIVE PRACTICE

1. Determine what practice objectives are to be covered based on:
 - a. Time of season (pre, early, mid, late)
 - b. Skill Level of players (age, experience)
 - c. Evaluation of previous performance (prior practices or games)
 - d. Practice time available
 - e. Equipment and facilities
2. Determine the time allotted to each objective.
3. Select activities (i.e. demonstration, drill, scrimmage) which will be used to teach or practice the objectives.
4. Determine the time allotted to each activity.
5. List equipment needed to carry out activities.
6. Include (as much as possible) all four areas of effective instruction.
 - a. Skill
 - b. Knowledge
 - c. Fitness
 - d. Personal - social skills
7. Provide time for all elements of a regular practice routine.
 - a. Warm up
 - b. Drills
 - c. Skill review
 - d. New skill instruction
 - e. Small Group Work
 - f. Game like scrimmage
 - g. Team Talk
 - h. Cool Down