School Sports Workshop

Making the most out of your Practice Time

1. Have a practice plan and write it down so you can also give to your assistants.
2. Maintain a consistent routine practice to practice so that athletes become familiar with it and don’t need to take valuable time adjusting: warm-up, skill/drill practice, event practice, fun game.
3. Drills should be designed with maximum participation in mind. Keep kids active. Minimize lines and waiting. If there’s a ball in a bag, figure out a way to use it. If there are five lines with five kids, figure out how to make more lines with fewer kids.
4. Have your students separated into lines/groups ahead of time (written on practice plan). Use color-coded stickers, wristbands or something else to “mark” them in their groups.
5. When using groups, mix them up practice to practice. All high ability, all low, mixed together, etc.
6. If possible, have the equipment set up when you arrive. (utilize PE teacher, Unified partners, assistant coaches, parent volunteer). Don’t forget that if you borrow equipment, check to make sure it’s still available BEFORE you walk into the gym for that first practice.
7. Utilize any available adults in all aspects of the practice. Just be sure to know ahead of time how you plan to use them and let them know ahead of time if at all possible.
8. Demonstrate the skill – you can have a player do it -- is much more effective than just explaining it.
9. Preliminary registration scores: Have the same adult oversee the same event while taking scores so there is consistency. And conduct multiple time trials, not all on one day.

Game Day

1. Hand the shirts out on the bus so they don’t get left behind, in the bathroom or on a desk.
2. If any students need “free” lunches, order ahead of time, not the morning of.
3. Put names on lunches and transport in a cooler or crates so they don’t get left at school or on the bus or lost at the event.
4. Collect shirts on the bus ride home (especially if you have students from several different classrooms). AND don’t forget to take the name tags off before you wash them.