



## TRAINING CHECKLIST

1. Time has been allocated to planning for practice
2. Practice has a defined purpose / theme
  - What is the purpose / theme? \_\_\_\_\_
  - What are the sub-themes? \_\_\_\_\_
3. The purpose & theme have been communicated with players & coaches
4. There is something set up for when the players arrive
5. The practice games based
6. The practice elicits competition
7. The practice is individualized for the appropriate learning stages
8. The practice factored in an inclusive strategy for all participants
9. The 5C's are being activated. How? \*Suggest at least 1 per practice.
  - Competence:
    - Physical: \_\_\_\_\_
    - Technical / tactical: \_\_\_\_\_
  - Confidence: opportunities to develop mental toughness, resilience, self-belief, positive self-worth
  - Character: respect for the sport, ethical/moral responsibility, leadership, integrity, game sense, focus, goal setting
  - Connection: team building, social connectedness, managing struggles/failures together, having fun, doing what is right
  - Culture: team chants, reinforcing the team / season vision, mission and most importantly values
10. Sport specific resources have been sourced to support today's plan. From where? \_\_\_\_\_
11. Assistant coaches are aware of the purpose / theme and their roles in delivering



## Quality Sport Post Practice Checklist

1. Time has been allocated to debriefing practice
2. Did the participants find it fun? How do you know? \_\_\_\_\_
3. Was the purpose / theme understood / embraced by the participants? \*Athlete journals?
4. Did the practice meet the needs of the group and individual's development needs?
5. Did the practice flow from what you had recently been working on?
6. The success / shortcomings of the practice are being communicated with players
7. The 5C themes were addressed / reinforced.
  - Competence
    - Physical
    - Technical / tactical
  - Confidence
  - Character
  - Connection
  - Culture
8. Practice feedback is communicated to athletes & parents
9. Individuals / the group were appropriately and inclusively challenged and elevated.
10. The pre & post practice checklists were completed