

Successful Training Environment  
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**Keys to having a good practice**

- Energy/ enthusiasm
- Written on paper
  - Keep a schedule
  - Forces you as a coach to plan
  - Purpose and thought to the sequence of drills
  - Easily modify the practice schedule during the practice
- Go over your practice plan with your assistants
  - This will help keep the pace of the practice fast.
  - If your assistants know what drill is next they can get the drill set up by preparing the necessary equipment while the team gets water or shags the balls.
- Have a time limit and or goal for each drill
- Water Breaks
- Fast paced drills w/ Slow paced drills
- Give purpose to each drill
- Variety of drills

**How to plan a practice**

- Notebook/ clipboard during match
- Sunday/ Monday list of skills
- Critique your drills: if kids respond to it, stick with it.
- Fast paced drills/ slow paced drills
- Team work/ individual work

**What makes a good practice?**

- Learning going on

- Effort
- Positive attitude
- Kids feel they accomplished something: mastered a skill, won a game, made improvement

### **Motivate your players for practice**

- Have a plan
- Start with the warm-up
- Team oriented drills to start- get team excited!
- Give them a goal in every drill, something to work for
- Let them help plan the practice- they will have a bigger investment if they had a hand in it.
- Let them decide the reward or punishment for achieving or not achieving the goal
- Let them make bets with each other over the outcome: if we win you have to carry our bags to our hotel rooms on the next trip.
- Competitive drills: have a winner and a loser
- Remind kids why they play: have discussion about what gets them excited about volleyball and try to add those components to your practice
- Remember to have fun