



Seven Principles for Technical Skill Practice

Principle 1: Have athletes practice the right technique.

Carefully analyze the drills you use. Do they help athletes learn the techniques needed?

Principle 2: Have athletes practice the technique in gamelike conditions as soon as they can.

When drills are overused and simulations are few, athletes are not prepared to make choices in rapidly changing game conditions.

Principle 3: Keep practices short and frequent when teaching new techniques.

Athletes are likely to make mistakes and tire quickly when they first learn a technique. Intersperse the practice with rest intervals or practices of other techniques.

Principle 4: Use practice time efficiently.

Reorganize drills so athletes are more active, keep explanations and demonstrations short, use a practice plan, establish routines for changing activities, focus on the techniques that need the most improvement, separate misbehaving athletes so the team can continue practicing.

Principle 5: Make optimal use of facilities and equipment.

Consider not only maximum use, but best use.

Principle 6: Make sure athletes experience a reasonable amount of success at each practice.

Select the right progressions for learning technical skills; forcing the learning process is likely to produce failure and frustration.

Principle 7: Make practice fun!

Use variety around a specific technical theme in practice. Change your practice schedule occasionally, let your team help plan practices, and be enthusiastic!

