



Tips for a Productive Practice

Preparation

A good coach will arrive at the gym well prepared with a specific agenda for each days practice session. The team should expect structure and guidance at practice, and it is the coach's responsibility to provide this.

Practice sessions may include:

- Teaching with spoken instructions.
- Demonstration of drills and plays by doing a walk through.
- Using video and picture diagrams (handouts and chalkboard).

The three stages to learning a new skill are:

- Breakdown the basic parts of the skill
- Connecting the basic skills together
- Repetition and feedback of the skill

Running a Practice

Keep in mind, the start of practice means players should be in their chairs, taped and ready to go at your set start time. It is each player's responsibility to arrive as far in advance as necessary to allow them adequate time to be ready. If practice starts at 7 PM, this means everyone is ready to go at 7 PM.

Warming up and stretching before and after practice

Proper warm up followed by stretching is very important to prevent injury. Every athlete should spend 10-15 minutes pushing at a moderate speed prior to stretching. A cool down of 5 minutes followed by another stretching session will help in prevention of overuse injuries that are associated with the sport.

GOALS

Each practice should have a specific goal or component of the game on which to focus. It could be basic skills, offense, defense, or specialty plays. It could be specific or a bit broader. Once a focus is chosen, plan your practice around the important components of this event.

Start with a warm-up drill; conditioning can be done in the beginning, end or through out your training sessions. Begin with a few passing routines and advance into more active drills. Then go into drills focusing on the game components. At the end of practice a controlled scrimmage time can be scheduled in focusing on what you have worked on during practice. This should not be an open scrimmage session, as the athletes need to be controlled and their focus kept on what they learned that day.



3 Hour Practice Schedule Sample

7:00 pm	Warm-Up – 15 to 20 laps in each direction and stretching
7:20 pm	Passing Drill - Lead Pass, Weave, Caterpillar
7:40 pm	One on One drill - Two on Two
8:10 pm	Three on three
8:25 pm	Water Break (encourage restroom at this time)
8:35 pm	Basic defense (walk through, 70%, 100%)
8:50 pm	Controlled press full court (use whistle to stop action and teach)
9:15 pm	Add another component (walk through, 70%, 100%)
9:30 pm	Controlled scrimmage (use whistle to stop action and teach)
9:50 pm	Cool down, stretch and review practice points to remember session
10:00 pm	End of practice

The USQRA wants to help your team become successful. If you would like additional information to help make your practices successful please let us know. Some of the things that we can provide are:

- Stretching and warm-up ideas.
- Passing and chair skill drills.
- Diagrams with basic offensive and defensive strategies.
- Videos and coaches manuals.
- Hands on assistance whenever possible

For more information visit www.quadrugby.com, or contact a USQRA Board Member.