

PHASE III HOMEWORK HELP

What do you need to know when making up weekly / season / yearly plans?

- a. What facilities will I be using
- b. What equipment do I have available
- c. What resources do I have to help me (books, videos, charts, etc.)
- d. How many coaches do I have
- e. What support staff is available
- f. Other factors affecting season planning (weather=when are make-up dates)
- g. Number of practices to be held during the season
- h. Special events (team meetings, parent orientation sessions, banquets, tournaments, etc.)
- i. Number and age range of the athletes to be coached
- j. Skill levels and experience of players at the beginning of the season

When putting your plan on paper, remember to:

- a. Record practice locations and times
- b. Record the game #, opponent, and location of each contest
- c. Record special events (fundraisers, pre-season meetings, post-season meetings, awards banquet, etc.)

When putting together your daily plans, remember to:

- a. Establish instructional goals
- b. Select / Organize material to achieve the instructional goals
- c. Major Instructional Goal Categories
 - a. Technical Skills
 - b. Tactical Skills
 - c. Legal Skills
 - d. Physical Skills
 - e. Mental Skills
 - f. Moral Skills

If you need to:

- a. Consult with other coaches, assistant coaches, athletes with experience
- b. Observe the sport being played (old video, ESPN, etc.)
- c. Review material available in the sport (books, etc.)