



DEVELOPING A PRE-PRACTICE ROUTINE

Everyone has a pre-game routine they go through. Athletes generally come upon these routines pretty naturally, without any help or encouragement. They know what works for them, and they create the time to do what it takes to get to what works. But very few athletes have a plan for practice... that's about to change. Before you begin to complete the worksheet below, think about the best practices you've ever had. These may or may not be practices in which you played your best, but they should be times when you've felt motivated, attentive, energized, skillful, and receptive to coaching. Once you've got those practice situations fresh in your mind, answer the questions below:

IN ORDER TO HAVE A GREAT PRACTICE, I NEED TO BE:

These characteristics might include "rested," "happy," "hydrated," "full/empty stomach," "done with homework," etc.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

THE BIGGEST DISTRACTIONS THAT KEEP ME FROM PRACTICING WELL ARE:

Consider the outside things you're thinking about during practice, what's causing stress, etc...

1. _____
2. _____
3. _____
4. _____
5. _____

TO SET THESE PRACTICE DISTRACTIONS ASIDE, I NEED TO:

What actions can you take to make sure you're fully focused at each practice?

1. _____
2. _____
3. _____
4. _____
5. _____

IF I HAD ALL THE TIME IN THE WORLD TO GET READY FOR PRACTICE, I WOULD:

Assuming you had nothing else to do but get ready for practice, what would you do? Listen to music? Take a nap? Eat something? Take a quick jog to loosen up? See an athletic trainer? Talk to Coach?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

ON DAYS WHEN I ONLY HAVE AN HOUR TO MYSELF BEFORE PRACTICE, I NEED TO MAKE SURE I DO:

This is a little more realistic. Of the seven things you listed above, what could you sacrifice and STILL have a great practice?

1. _____
2. _____
3. _____
4. _____
5. _____

ON DAYS WHEN I ONLY HAVE 20-30 MINUTES BEFORE PRACTICE, I NEED TO MAKE SURE I DO:

This is a worst-case scenario. Of the five things you listed above, what are the three most essential to you feeling ready for a great practice?

1. _____
2. _____
3. _____

Ideally, this exercise has not only helped you to identify what things are important for a great practice, but prioritize them so that, no matter what, you put yourself in the best position to have CONSISTENTLY great practices. Not every practice will be fun, and you won't have your "best stuff" everyday, but executing a pre-practice routine will help you make the best of even the worst days on the field, court, or road.