



SRP TRANSFORMATIONAL PRACTICE BLUEPRINT

Sports Reclamation Project Coaching Resource

PRE■PRACTICE CHECKLIST

- Have a written practice plan.
- Ensure the practice is fun and development-centered.
- Align drills with a specific goal or theme.
- Greet every player when they arrive.
- Communicate the practice goal to players.

DURING PRACTICE STANDARDS

- Provide consistent positive feedback.
- Offer clear corrections and teaching points.
- Ensure every player is treated equally.
- Keep players active and engaged.
- Allow time for player questions.

POST■PRACTICE REFLECTION

- Ask players for feedback about practice.
- Reflect on what drills worked and what didn't.
- Identify adjustments for the next session.
- Thank players for their effort.
- Reinforce the team culture you want to build.

COACH NOTES

Reflection / Notes