**KEYS FOR A SUCCESSFUL PRACTICE**

1. **Prepare ahead of time**.    
   As a coach, you need to have a plan in your head or on paper. This will help you to be successful and identify things to carry forward to the next time you meet.
2. **Be prepared to change your plan.**  
   Players will be sick or on vacation, or the field conditions may be unsuitable.  Don’t fear improvisation.
3. **Communicate simple goals and expectations**.  
   Focus on the fundamentals of throwing, hitting and fielding.  Keep your rules clear and repeat yourself to be consistent. (e.g. establish a phrase to regain attention)
4. **Move the players around.**  
   An important recommendation is to set up stations on the field.  Divide the players into smaller, more manageable groups. Attention spans are minimal.  Small numbers ensure maximum repetition of skills at stations.
5. **Encourage maximum effort.**  
   Effort is the one thing everyone can control; skill levels will vary; development will occur at individual paces.
6. **Involve helpers.**  
   You need three coaches on the field to make this all work. Do you know a teenager looking for volunteer hours?  Is there a parent with a lot to say on the sideline? Encourage involvement. Remember that you are the coach and you are in charge.
7. **Remember why you’re here**

Coaching is not about winning.  You’ll be a success if the players have fun, develop, and build friendships.