

THE TOP TIPS TO CREATE A GREAT PRACTICE



KEEP KIDS **SAFE** AND DESIGN FOR THE **RIGHT AGE**

- Health and safety come first: If a kid's health or safety is at risk, stop the activity immediately. If there is a concern off the field, notify the appropriate adults.
- Design for the right age and stage: Every child develops at their own pace. Choose activities that match their physical ability, and social and emotional stage of development. The right fit helps kids stay engaged, safe, and successful.
- Change the rules: If the space is too big, the rules are too complex, or the equipment is too heavy, adjust it. Use smaller spaces, different equipment, fewer players, or creative rule changes to make play safer and more inclusive.
- Plan ahead: It is easier to create a great session when you are prepared. Know your warm-ups, drills, and cool downs. Plan for safety, transitions, and who is helping. Have a backup plan ready.

KEEP KIDS **MOVING**

- Stop waiting: Avoid lines by using stations or activities that keep everyone involved, including kids on the sidelines.
- Stop talking: Keep instructions short and clear. Let kids learn through doing. Planning ahead helps.
- Watch for kids who opt out: Kids may stop participating for many reasons such as shyness, feeling unsure, or being tired. Invite them back in with encouragement and support.

MAKE IT **FUN**

- Let kids know how they're doing: Set goals with each kid and the group. Give feedback that helps them see progress.
- Celebrate every kid, every day: Whether it is effort, kindness, or learning a new skill, notice something good in every kid and celebrate it. Encourage teammates to do the same.
- Set a good example: Be active, joyful, and engaged. Smile, cheer, move, and have fun. If the kids are playing, you should be moving too.

These tips reflect key principles from the **US Olympic & Paralympic Committee's American Development Model (ADM) Quality Coaching Framework (QCF)**, which help coaches provide sport experiences that are developmentally appropriate, inclusive, and focused on positive, long-term development.

For more guidance, visit **USOPC.org** and explore the **Youth Hub** after this course.