



Designing Effective Practices for Team Sports (Paperback)

By Kevin Sivils

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Success in team sports depends on many factors with preparation being at the top of the list of elements that can be controlled by the coach. In order to insure a team in any sport is prepared as well as possible, effective practice sessions are essential. For many coaches designing effective well-planned practices is one of the most difficult tasks involved in teaching sports. Putting it all together to craft a single effective practice can seem daunting to any coach. Coaching legend John Wooden spent nearly two hours planning his daily practice sessions during his tenure as the Wizard of Westwood at UCLA. Considering the skill Coach Wooden possessed in conducting practices, this single example shows the importance of being able to plan effective practices. Wooden was not alone in his attention to detail in planning practices. The Showtime Lakers coach Pat Riley was known to spend 3-5 hours in preparing for a ten minute meeting with his team. Football coaches are legendary for the time spent in preparing for practices. This seemingly mysterious process is not that...



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