



PRACTICE PLANNING GEMS - John Tschida

GENERAL PRACTICE IDEAS

Pre-Practice SET UP

In-Practice SET UP

Philosophies & Ideas to make use of time - NOTEBOOKS

Ways to organize your battalion, companies, platoons and squads

Psychology used to organize practices – Using Models

THROWING

Set Up = “T”

Give them a Goal = target called out

Rotator Cuff

Self-Teaching Drills: Weighted ball, Opposite pocket, competition, measure

Throwing Reps

COACHES

Making Use of your resources

Positioning

DEFENSE: Set Up & Efficiency

BASERUNNING: Get more reps

PITCHING: Ideas for utilizing a large staff

HITTING/ BATTING PRACTICE

Batting Practice Methods

Systems for Efficiency

TEAM CHEMISTRY

How to manage your Army

GETTING THEM TO THINK LIKE A COACH: CHUNKS