

## Practice Guidelines

A key ingredient for any successful team is practice. A successful team will have productive practices, with everyone working hard at all times. While working hard, it is imperative to concentrate on doing whatever you are doing correctly. **Remember, practice does not make perfect, practice makes permanent. Only perfect practice makes perfect.**

Further it has been shown that for every time you do something wrong, you have to do it right seventeen times to get your brain oriented to doing it right. Let's do it right the first time.

### **FOR OUR TEAM PLEASE WORK WITHIN THESE GUIDELINES**

1. Be at the field, mentally and physically ready to practice at the scheduled time. There will be a small time slot to stretch, jog and warm up so you should do whatever personal stretching and warming up you need prior to the beginning of team practice. Keep in mind. . .

**.If you are early, you are on time.**

**If you are on time you are late.**

**If you are late you are probably running.**

2. Wear your sliding gear at every practice. Get used to the idea that whenever you run the bases you slide, even in practice. This makes you a better slider and makes our defensive players better.

3. Dress warmly, or bring plenty of warm clothes. It can, and frequently does, get cold during practice. Make sure you have the proper clothes and do not get cold.

4. Eagles Practice jerseys must be worn during practice. Sports bras are not considered appropriate for practice.

**5. Always hustle!!!** One thing we will work towards is this: if a ball rolls to a stop on the field because no one hustled after it, then **everyone** will be expect to participate in some sort of physical activity (most likely running).

6. Please let the coach know if you will miss practice.

7. Bring this playbook to every practice. Occasionally we will be conducting a "Coach's Comer" at which time we will be teaching plays using this book. Failure to bring this book to practice may result in some type of physical activity (guess what it may be).