

*Standardized list of exercises rewritten for Quidditch
to be used as reference for trainers and coaches*



Created by Judith Alexandra May Ravensburg as part of their International Award For Young People: Bronze tier under the supervision of Rein Anspach and Annemarie Weterings

Finished on the 4th of May 2019 and presented to Quidditch Nederland on the 12th of May 2019



This document is meant to be used as a reference for making a general practice plan for Quidditch or as a helping hand to making more specific practices when trying to introduce new tactics into your team. This collection of different exercises was made by going through already made lists by several people within the community and by adjusting exercises meant for similar sports to better fit Quidditch. This project was part of the International Award For Young People where it was the end project for the individual talent section where the goal was to learn how to write and adapt exercises to maximize the potential of individual players as well as optimizing the way these players play together as a team. I hope this inspires people to look in a broader perspective when trying to create a practice plan fitting to what is their teams need and/or the tactics for upcoming Quidditch games.

How to use this document?

All the exercises have been divided into 6 different categories: Warming-up-, general-, chaser-, beater-, keeper- and seeker exercises. Within the categories themselves the exercises will be separated based on their difficulty. The exercises will all be written according to the same format, as shown here:

- *Title of the exercise;*
- *Explanation of the exercise;*
- *Materials needed for this exercise;*
- *Field space needed for the exercise;*
- *Minimal amount of players required for this exercise;*
- *Goal of this exercise;*
- *Varieties on this exercise;*
- *Differentiations on this exercise to make it harder for experienced players.*

The difficulty of the exercises will be shown through a starring system, where a one-star exercise can be used for beginners and a five-star exercise can be used for very experienced players, as shown here:

★☆☆☆☆ – Basic exercise meant for explaining the basics to beginners in the position or to the sport.

★★☆☆☆ – Easy exercise meant to expand the basic knowledge of the beginners.

★★★☆☆ – Normal exercise meant as striving level after playing together for some time

★★★★☆ – Difficult exercise meant as measure for the player's level within the team.

★★★★★ – Very difficult exercise meant for experienced players to expand their awareness in game.

The exercises in this document are developed according to the knowledge of the creator about Quidditch as a sport and team sport in general. This means that not everything might be different than you may have used in the past. This document is created for internal use only and spreading of this document is not allowed without the consent of the creator of this document.

Table of contents

<i>Warming-up exercises</i>	3
<i>General exercises</i>	4
<i>Chasing exercises</i>	6
<i>Beater exercises</i>	9
<i>Keeper exercises</i>	11
<i>Seeker exercises</i>	12
<i>Empty practice plan format</i>	14

Warming-up exercises

The exercises in this category will not get a difficulty rating as they are meant for just warming up the different muscles in the body and getting the players in the team in a training mood, before starting the more specific exercises. Several of these exercises can also be used as a standard exercise during a set amount of trainings over a period of time to see the player's improvement over time.

Title: Passing the ball.

Explanation: You make pairs of two within the positions and stand opposite of each other. You grab the ball that belongs to the position you and your buddy play and start throwing the ball to each other.

Materials: 1 broom per person and 1 ball per pair.

Field: Half field.

Amount of players: Two or more.

Goal: Practicing throwing and catching.

Variety: You can add jumping before catching or some kind of other movement before or after throwing.

Differentiation: You can make the exercise more difficult by increasing the distance or switching arms.

Title: Colored sprinting.

Explanation: There are 4 different colored cones in a line with a set distance set between them, where the players sprint at 90% speed from cone 1 to 2, 70% speed from cone 2 to 3, 50% speed from cone 3 to 4, walking speed back from cone 4 to 3, 70% speed from cone 3 to 2 and 90% speed from cone 2 to 1, where this whole set of running has to be repeated 5 times in a row.

Materials: Four different colored cones per player.

Field: Whole field.

Amount of players: One or more.

Goal: Learning the players to get to know different running speeds and trying to get them to get a better stamina while toughening the leg muscles.

Variety: This exercise can also be done running backwards or running in a zig-zag pattern.

Differentiation: Increasing the amount of distance between the cones or the amount of repeats.

Title: Applepicking.

Explanation: You make pairs of two within the positions and stand opposite of each other. You grab the ball that belongs to the position you and your buddy try to throw the ball a bit higher than the reach of the person, which means that they have to jump for the ball.

Materials: 1 broom per player and 1 ball per pair.

Field: Half field.

Amount of players: Two or more.

Goal: Learning to jump when the ball is out of reach and moving towards the ball.

Variety: You can add aiming more left or right to also practice to catch when a pass is not perfect and they have to try to still to keep control of the ball.

Differentiation: You can make the exercise more difficult by increasing the distance or switching arms.

Title: Windsprints.

Explanation: 5 cones are placed with a distance of about 5 meters between them. Depending on the amount of players, you can make the field bigger by lining up more cones. At the starting signal, the player(s) will sprint towards the first cone, touch the ground, and sprint back, touch the ground, sprint towards the second cone etc. After the last cone is reached and the players are back to the starting point, there is a 1 minute break. This exercise is to be done 3 times, depending on the energy level of the group.

Materials: 5 cones to indicate the distances.

Field: Full field.

Amount of players: One or more.

Goal: Sprinting speed and agility.

Variety: You can let the players run backwards or while doing high knees etc. instead of normal running.

Differentiation: You can make the exercise more difficult by increasing the distance the players have to run in between the cones.

General exercises

The exercises in this category are not specific for any of the positions and can be used for training specific part of the game that is important for every position or for the general improvement of the overall stamina of the players in the team.

★☆☆☆☆

Title: Shadows.

Explanation: You divided the players into two lines facing each other. The trainer is behind one of the lines so that only a line can see the trainer. The line which can see the trainer must do what they are indicating, by means of gestures or movement and the other line should follow them.

Materials: 4 cones to indicate the lines.

Field: Half field.

Amount of players: Two or more

Goal: Creating synergy between players and communicating.

Variety: You can have the line with their backs to the trainer close their eyes so that the players opposite of them have to communicate with words instead of gestures.

Differentiation: You can increase the speed at which you are doing certain movements to have the players practice quickly responding to their opponents when in game.

★★☆☆☆

Title: Dive for it.

Explanation: You set the cones up in a line: first one, 2 meters away another, 3 meters away another and 4 meters away the last one. You'll be using the spaces in between the cones. You need one person to throw a ball per space - try to engage the nonplaying people at training for this. You set up one player per space and rotate them after they did one round by moving them in a circle. The players sits on their knees in the middle of the space. The person throwing the ball will be throwing the ball low - nearly at ground level - past the player, and the player has to dive for it. After several times you rotate the players. When diving, players have to be careful to NOT land on their elbows or use their hands to cushion. Rather than falling towards the ground, they should be focusing on diving on the ball itself. The idea is to land on top of the ball to ensure it doesn't roll further.

Materials: 4 cones and 3 quaffles.

Field: Half field.

Amount of players: Two per goal: one to throw and one to catch.

Goal: Simulating a quick pass after a tumble or difficult pass.

Variety: You can add passing the ball back from the position they land in after catching when the players are more accustomed to this exercise.

Differentiation: You can change the width of the spaces, the speed of the ball that is thrown to the player on their knees, the inclusion of a beater when passing back to simulate a more game-like situation or in-/decreasing the amount of space between the thrower and receiver.

★★★☆☆

Title: Beaterlane.

Explanation: A beater stands with a bludger on one of the longer sides of the field, outside the boundaries. Players have to sprint down the length of the field one by one, and the beater tries to beat the player. The player can hold a quaffle and try to score, or be without to just practice avoiding. There can be two beaters in which case the beaters will take turns beating a running player, or being a buddy for the other beater. The players can run from both sides of the field.

Materials: 1 broom per person, 1 quaffle in play, 1 bludger in play and 1 hoop.

Field: Roughly 5m by 15m.

Amount of players: Two or more.

Goal: Practicing avoiding/blocking bludgers for the quaffleplayers and beating running players or getting the bludger back in time for beaters.

Variety: You can add a figure the quaffleplayers have to run, like a zig-zag or lightning bolt, to increase the tactics they have to use while increasing field awareness.

Differentiation: You can make the exercise more difficult for quaffleplayers by increasing the amount of bludgers/beatere that try to beat the players or increasing the amount of quaffleplayers during one play to make it more difficult for beatere.

★★★★★

Title: One, two, three, wrap.

Explanation: Put four cones in a row around 15m away from the hoops. The driver starts at the right most cone. Defender 1, 2 and 3 start at the three cones to the left of the driver which have to be set parallel to the hoops. The driver tries to drive to hoops and score. Everyone starts at the same time, with the defenders curving towards the driver in a fan-like motion. When the driver has passed defender 1, they curve back and become the last defender etc. which would then be defender 3. Defenders loudly yell their position (1, 2 or 3) during their attempts to wrap and defend the driver. This exercise is fluid: driver can go anywhere (including behind hoops), and it only stops at a goal, defenders having the ball or trainer stopping the game. Start with putting only 1 hoop as goal.

Materials: 1 broom per person, 1 quaffle in play, 3 hoops and 4 cones to indicate the starting positions.

Field: Half field.

Amount of players: Four or more.

Goal: Wrapping as a mean to guide and slow down drivers, communicating verbally and clearly, awareness and flexibility in play and the understanding of the players role in relation to the rest of the teammates.

Variety: You can add more hoops when the players become more proficient with the tactics.

Differentiation: You can make the exercise more difficult by adding beaters from the drivers team to make the wrapping more difficult since it is possible that one of them is beat which will make communication more important.

Chasing exercises

The exercises in this category are meant to enhance the play of the chasers in your team or explaining them the core-basics of the position, while keeping the more experienced players engaged and learning.

★★☆☆☆

Title: 1 versus 1 brooms up chasers.

Explanation: Two chasers start at opposite ends of the field with the quaffle in the middle. The trainer calls brooms up and the players sprint towards the quaffle to try to grab it and score a goal.

Materials: 1 quaffle, 1 broom per person and two hoops (one on either side).

Field: Full field.

Amount of players: Two or more.

Goal: Practicing brooms up.

Variety: In advance, assign one of the chasers to be a defender whom does not try to grab the quaffle but tries to prevent the other chaser making a score.

Differentiation: You can put the quaffle closer to one of the chaser to make the other run more.

★★☆☆☆

Title: Frathousing.

Explanation: In a set field players run around at random, while passing the quaffle to each other while on broom. Players try to keep running and throwing without stopping.

Materials: 1 quaffle and 1 broom per person.

Field: Half field.

Amount of players: Four or more.

Goal: Practicing throwing/catching while running, communication with teammates, positioning and endurance.

Variety: This exercise can also be done with a beater to simulate an offense attack.

Differentiation: You can make the exercise more difficult by letting the players try to intercept the passes, forcing everyone to position and communicate more where they are.

★★★☆☆

Title: 1-2-3.

Explanation: The players are divided into three groups, where each group will stand behind a cone. The cones have to be placed in a triangle shape. One person starts running with the ball and the person at the cone on the right of them starts slowly running. The ball has to be passed while running and after the pass the person who passed the ball stands behind the cone they ran towards and the person receiving passes the ball on to the next.

Materials: 1 broom per person, 1 quaffle, (1 hoop) and 3 cones.

Field: Half field.

Amount of players: Three or more.

Goal: Practicing throwing and catching while running.

Variety: This exercise can also be done with a hoop in the middle to practice scoring after passing.

Differentiation: You can make the exercise more difficult by letting the players run backwards instead of forwards to make it more difficult to pass. This way the players will learn to understand when the best moment to pass arises while running. This exercise can also be done the other way around.

★★★☆☆

Title: Thirdwheeling.

Explanation: The players start roughly 20 meters away from the hoop(s). At the start, the players very quickly decide who is going to troll, and that person will sprint behind the hoops as fast as they can. The other two will run towards the hoops while quickly passing towards each other, until one of them passes the ball towards the troll, who then scores.

Materials: 1 quaffle, 1 or 3 hoop(s) and 1 broom per person.

Field: Half field.

Amount of players: Groups of 3 people.

Goal: Quick and sharp passing while running, getting behind the hoops as fast as possible and judging when the troll is ready to receive a pass to score.

Variety: This exercise can also be done with more quaffleplayers or without being able to run.

Differentiation: You can make the exercise more difficult by adding a keeper or a beater, or the players can alter their playing style while performing the exercise, like letting the troll do zigzags while sprinting, to evade hypothetical beaters, or the passing players can alternate the distances and positions between each other.

★★★☆☆

Title: Driving.

Explanation: This is an exercise where the focus lies on pushing the quaffle through the hoops instead of throwing it from a distance. There is an offensive and a defensive quafflecarrier in this situation, where the defender begins in the keeper zone. The attacking player then has to drive through the defending player to be able to score.

Materials: 1 broom per person, 1 quaffle and three hoops.

Field: Half field.

Amount of players: Two or more.

Goal: Practicing making contact while defending the hoops.

Variety: You can add making contact and tackling to this exercise to practice taking down a driver close to hoops thus preventing them from scoring.

Differentiation: You can add more attackers/defenders to increase the teamplay or you can add beaters to increase the chance of being beat out of the attack.

★★★★☆

Title: Push it.

Explanation: This is an exercise without focusing on making contact. You make an offensive and defensive team. The goal of the attacking team is in order to come close to the hoops of the other team and the defending team trying to keep them away from hoops to push body and generating units. After a certain time the teams change over and the attackers have to defend their hoops.

Materials: 1 broom per person, 1 quaffle and three hoops.

Field: Half field.

Amount of players: Two or more.

Goal: Practicing making contact while defending the hoops.

Variety: In advance, assign one of the chasers to be the point-defender whom then picks up the quafflecarrier constantly while the rest of the defenders stay somewhat closer to the hoops.

Differentiation: You can let the attacking team try to score or make a certain formation to also include tactics you might have into the exercise.

★★★★☆

Title: Ten-tacles.

Explanation: There are two teams of chasers that are scattered across the field. The intention is that the chasers of a team pass the quaffle 10 (or another agreed upon number) times about playing without the quaffle being intercepted. If they succeeded, they have a point. The other team must at all possible (permissible) ways to try to tackle or intercept the Quaffle off when the other team re-counting will begin the Quaffle again. When a goal is scored, the other team gets the Quaffle. You can start by any player to get the Quaffle or by making an up brooms.

Materials: 1 quaffle and 1 broom per person.

Field: Half field.

Amount of players: Two teams with a minimal of 3 people.

Goal: Quick and sharp passing while running, catching while being defended and intercepting.

Variety: This exercise can also be done with more quaffleplayers or without being able to run.

Differentiation: You can make the exercise more difficult by adding a keeper or a beater, making the teams bigger/smaller or adding a hoop where the attacking team had to score through after passing.

★★★★☆

Title: Three person weave.

Explanation: Chaser 1 starts with the ball in the middle. Chaser 1 passes the quaffle to chaser 2 while they run along and chaser 2 then receives the ball being played, after which chaser 1 runs along behind chaser 2, going after the ball they just passed. Chaser 3 is now running in the position chaser 1 was in before and then receives the ball from chaser 2 whom will then run towards chaser 3 etc.

Materials: 1 broom per person and 1 quaffle.

Field: Half field.

Amount of players: Three or more.

Goal: Practicing running and passing at the same time.

Variety: Give the two outwards chasers both a quaffle instead of 1 quaffle in the middle and then let them pass towards the chaser in the middle while all running in a straight line

Differentiation: You can add a chaser to make it a four person weave instead of a three person weave following the same rules. For the very experienced players, even a five person weave is an option.

Beater exercises

The exercises in this category are meant to enhance the play of the beaters in your team or explaining them the core-basics of the position, while keeping the more experienced players engaged and learning.

★☆☆☆☆

Title: Beater versus beater.

Explanation: Two beaters face each other with both a bludger in hand and try to beat each other.

Materials: 2 bludgers.

Field: Half field.

Amount of players: Two or more.

Goal: Beating another beater with a bludger, repelling, catching and dodging.

Variety: Giving only one bludger to a pair of beaters to increase learning to catch and dodge.

Differentiation: This exercise can be made more difficult by adding brooms to create a more game-like situation.

★★☆☆☆

Title: 1 versus 1 brooms up beaters.

Explanation: Two beaters start at opposite ends of the field with the bludger in the middle. The trainer calls brooms up and the players sprint towards the bludger to try to grab it and beat the other beater.

Materials: 1 or 2 bludger(s) and 1 broom per person.

Field: Full field.

Amount of players: Two or more.

Goal: Practicing brooms up.

Variety: You can put down two bludgers for the two beaters to create a situation where they are both able to beat the other to focus more on making them run faster.

Differentiation: You can put the bludger closer to one of the beater to make the other run more or put more than two beaters on one bludger.

★★☆☆☆

Title: Beater square.

Explanation: You create a box with 4 cones, with the chasers inside the box and the beaters on the outside. The chasers have to try to run towards the other side of the box while the beaters are trying to beat them.

Materials: 1 or 2 bludger(s), 4 cones and 1 broom per person.

Field: Half field.

Amount of players: Three or more (2 beaters and 1 chaser).

Goal: Trying to beat someone in motion and beating from a distance.

Variety: A quaffle can be added for the chasers so the beater(s) can focus specifically on beating the person with the quaffle before they can score.

Differentiation: You can adjust the length and width of the box to make it easier or harder.

★★★☆☆

Title: Fanning out.

Explanation: The beaters form a circle and within that circle is a player with a Quaffle/Bludger. The player in the middle must remain in the circle as long as possible without being beat and beaters must try to beat the defensive player.

Materials: A quaffle/bludger for defense and 1-3 bludgers.

Field: Half field.

Amount of players: Four or more.

Goal: Dodging and parrying as defensive beater while trying to also cooperate with the other beater in the circle while not in the middle.

Variety: You can add a second defensive player in the middle to give the beaters more to think about when communicating about beating the players so that they have to throw more focused.

Differentiation: Depending on the level of the defensive player you can add more bludgers.

★★★☆☆

Title: Circle of Death.

Explanation: Players make a circle or square; players should not be able to touch each other when stretching out arms sideways. One player steps into the middle holding the quaffle. The players remaining in the circle use the bludger(s) to attempt beating the player in the middle. The player who succeeds in beating the player in the middle takes their turn in the middle of the circle.

Materials: 1 quaffle and 1 bludger.

Field: Circle or square with enough space for some running around in the middle.

Amount of players: Five or more.

Goal: Learning avoid getting beat, beating a defending player and tactics with other beaters.

Variety: You can add brooms to make it more like a situation you could come across during games.

Differentiation: You can make the exercise more difficult by adding more bludgers or making the players announce that they will try to attempt a beat while giving the person in the middle a bludger to make it two beaters trying to beat each other.

★★★★★

Title: 20 seconds in heaven.

Explanation: You make a square of roughly 2m². At a distance (to be decided by you; full pitch or shorter) at each side you put down a hoop. The hoop's only function is to be used to tag back in.

The trainer signals a brooms up, after which the goal of the beaters is to get the bludgers and start getting in position. The seekers start from a 'penalty box' ten seconds after the brooms up. The goal of the seekers is to get in the square and stay there for 20 seconds. The goal of the beaters is to prevent this from happening. This exercise can be done in several variants:

A. 2 seekers, 4 beaters (3 bludgers);

B. 2 seekers, 2 beaters (2 bludgers);

C. 2 seekers, 2 beaters (1 bludger).

The variants will make a difference in tactics for the beater. With A you can either work together to get BS or divide attention between the attacking beaters and the seeker - making sure that the beater on snitch is always free to make a shot. With B it will become more of an opportunity moment and keeping away the second bludger from the other beater, while making sure you pay attention to the seeker as well. It is also more focused on evaluating if you can afford to let the opposing beater have a shot at your seeker if you then can beat out the beater and create alone time for your own seeker to try and

catch. C will be more intense, and focused on using physical force to get back the bludger on your own - or intercepting shots taken.

Materials: 1 hoop per team, 4 cones, 3 bludgers and 1 broom per player.

Field: Full field.

Amount of players: Four or more.

Goal: Quick acting on snitch, communicating with the seeker as beater, learning to prioritize beater/seeker and physical contact between beaters around snitch.

Variety: See variants explained in the explanation section of this exercise.

Differentiation: You can make the exercise more difficult by adding quafflegame alongside this exercise where, when if one of the teams score 70 points the other team loses.

Keeper exercises

The exercises in this category are meant to enhance the play of the keepers in your team or explaining them the core-basics of the position, while keeping the more experienced players engaged and learning.

★☆☆☆☆

Title: Defender of the hoops.

Explanation: You make a rectangle or circle around the hoops. The keeper stands between the line and the hoops and the chasers are outside. The chasers should try to score by throwing the Quaffle from behind the line through the hoops and the goalkeeper must prevent this and through.

Materials: 1 set of hoops, 1 broom per person, 1 quaffle and cones to indicate the keeper-zone

Field: Half field.

Amount of players: Three or more (1 keeper and 2 chasers).

Goal: Learning to defend the hoops when opposing team is attacking.

Variety: To make this exercise more interesting for the chasers you can also add some rules for them about the amount of passing they have to do before scoring or add tactics for them to practice.

Differentiation: This exercise can be made more difficult by adding a beater who can either help the attacking or defending team.

★★★★☆

Title: On pitch.

Explanation: A defending keeper and defending beater are chosen as well as attacking chasers/quaffle players. The attacking players try to score while the defending players defend their hoop(s). The attacking players start from roughly the distance of their own keeper zone line. The game is over when either the attacking team scored, or when the defending keeper has the quaffle within their own keeper zone. After this the balls go back to the relevant players, and the exercise starts over. Usually this is repeated 5 times, after which teams get shuffled or the exercise is over. More beaters and quaffle players can be added on both sides in a balanced way. When beat the defending players can go back to their own hoops, and the attacking players have to go back to their starting point before getting back on broom. It is important that the keeper in this scenario communicates with the players where to go.

Materials: 1 quaffle, 1 bludger, 2 hoops and 1 broom per person.

Field: Full field.

Amount of players: Four or more (1 keeper, 1 beater, 2 chasers).

Goal: Simulating a real match, applying tactics, learning to communicate during defense or offense.

Variety: This exercise can also be done with a minimum passing count or more hoops.

Differentiation: You can make the exercise more difficult by letting the players try to tackle the attacking players as well to train them in being more offensive towards the opposing team.

Seeker exercises

The exercises in this category are meant to enhance the play of the seekers in your team or explaining them the core-basics of the position, while keeping the more experienced players engaged and learning.

★☆☆☆☆

Title: Catch the mouse.

Explanation: All players put one end of their headband in their sport trousers, and simultaneously try to catch other player's headbands while defending their own, in a set field. When defending, a player is allowed to defend like a snitch, whereas when attacking the player has to adhere to seeker contact rules. When a player is down, they get 3 seconds after they get up again – these seconds are indicated by the player themselves. When a headband is caught, the attacking player can wrap the headband around their wrist as an extra life to put in their sport trousers when their own headband gets caught. When out of headbands, a player can still play on an try to catch another one.

Materials: 1 headband per player and 4 cones to indicate the field.

Field: 10x10 meters, adjust according the amount of players.

Amount of players: Four or more.

Goal: Training field awareness, seeking and snitching.

Variety: You can add that if the player doesn't have a headband anymore they are out of the game.

Differentiation: You can make the exercise more difficult by adding brooms in play. This means that you appoint defending players with a headband without a broom and attacking players without a headband on broom to make the exercise more engaging.

★★☆☆☆

Title: Two hands.

Explanation: The seeker has to try to catch the snitch in a 1-on-1 situation with two hands and the broom stuck between their legs. The snitch cannot run away or steal the broom.

Materials: 1 broom per person and 1 snitch kit.

Field: 5x5 meters.

Amount of players: Two or more.

Goal: Training using two arms for seeking instead of reaching around the snitch.

Variety: You can add a second player to the exercise to make it more difficult for the snitch.

Differentiation: To add difficulty you can let the snitch steal the brooms from the seekers.

★★★☆☆

Title: Faking the snitch.

Explanation: The seeker starts a few meters away from the snitch and starts running towards the snitch. In the last step the seeker moves the foot opposite to the hand holding the broom and then makes a turn, if they hold the broom with their left hand, hold, turn counterclockwise and if they hold the broom with their right hand, hold, turn clockwise, it causes your free hand to then be closer to the snitch.

Materials: 1 broom per person and 1 snitch kit.

Field: 5x5 meters.

Amount of players: Two or more.

Goal: Practicing different techniques to catch the snitch during a match.

★★★☆☆

Title: Quick recovery.

Explanation: Seeking is often much trial and error. The purpose of this exercise is that the seeker after trying to catch as soon as possible rolls and rises again. You can practice alone or against a snitch. You let you keep falling in different directions, and then roll through and stands as soon as possible. You can also start from zero, but from movement or even from a dive is best.

Materials: 1 broom per person and 1 snitch kit (optional).

Field: 5x5 meters.

Amount of players: Two or more.

Goal: Training to recover as quickly as possible when beat by snitch or opposing beater.

Variety: You can add the snitch or a beater to make it more like a gameplay situation.

Differentiation: To add difficulty you can let the snitch steal the brooms from the seekers.

Empty practice plan format

This is a format in which trainers can fill in the different exercises they want to do during the training, while also being able to sort of map out the goals and focus points of the training. This can then be shared with the players to let them know what they will be doing during training and if they are able to do all of the exercises or have to tap out for several due to injuries.

Date of the training:

Trainer(s):

Amount of players:

Goal/focus points of the training:

Time:	Goal/focus point:	Position(s):	Equipment needed:	Drill and details:
	Injury prevention.	All	X	Warming up: ➤ Part 1: Warming up the backs, hips, knees and ankles. This part includes running and/or other stamina exercises. ➤ Part 2: Warming up the shoulders, wrists, fingers and neck.
	Injury prevention.	All	X	Cooling Down: Stretching the leg muscles, back muscles, necks and arms by doing several stretches with the group and individual stretches after.

Notes: