

The Practice Spectrum



OPEN PRACTICE

CLOSED PRACTICE

MACRO GAME / 11V11

SMALL SIDED GAME

PHASE OF PLAY

FUNCTION OR UNIT

VARIABLE PRACTICE

UNOPPOSED PRACTICE

UNOPPOSED DRILL

- + TECHNICAL EMPHASIS
- LESS VARIABILITY
- LESS DECISIONS
- LESS TRANSFER

- + TACTICAL EMPHASIS
- + MORE VARIABILITY
- + MORE DECISIONS
- + MORE TRANSFER

THE ENVIRONMENT DESIGN CONTINUUM (Newcombe 2016)