

The Coaching Culture Podcast Notes



Episode 228 Plan Do Review Part 2 | Alan Keane & Simon Turner MVMT Sports

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Alan Keane & Simon Turner share some tools and methods to more effectively make changes in your practice and game on the fly, as well as some important elements coaches ignore in their reflection.

- √ Making Live Changes to Your Practice and Gameplan
- √ Effective Targets for Your Practice
- √ The Key Elements to an Effective Review

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Making Live Changes to Your Practice and Gameplan

- Plan, do, review process cycle can be completed simultaneously.
- Quick reviews in the middle of the practice.
- Plan and check your targets. Are we achieving these targets?
- Are we where we want to be at this point of the practice? If the answer is no, what changes do we need to make to change the practice plan on the fly?
- Coaches and players time outs.
- Don't let a plan handcuff you.
- Would our students/players perform better if we cover 75% of the recommended content well, or would they perform better if we cover 100% quickly so we can get it done?
- Covering less and covering it better, facilitates a better performance.
- In order to innovate and be creative, you need a base.

Effective Targets for Your Practice

- Targets are not a summary of the drills that we are going to do.
- Start with the targets which give you a framework. This will allow you to innovate within the session.
- Targets shouldn't change, but drills, games and activities can change during a session if targets are not being met.
- Targets could start with the words Introduce, develop, or perform.
- Include a wide range of targets
- Plan for a technical aspect that supports a tactical one.
- Plan for a physical part of the session that it's going to support the technical.
- Create a safe space to try stuff.
- What do the players need to get better in practice?

The Key Elements to an Effective Review

- **My coaching**
 - o Preparation



- Energy Level
- Communication Clarity
- **Player experience**
 - Level of fun they had (low or high)
 - Problem solving (low or high)
 - Communication between players
- **What are we grateful for?**
- **Development** – what did we learn and what would we change?
- **Notes**
 - Were the targets met?
 - What went well?
 - What do I need to remember for the next session?

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