

**COACHING HUDDLE #3**

*Practice Planning & Optimization*

 *Notes & Summation.*

* Jocko Video

://www.youtube.com/watch?v=nyBBfyBgWM&list=RDCMUCkqcY4CAuBFNFho6JgygCnA&start\_radio=1&t=187

* What is our enemy
	+ Faulty or lack of Equipment
	+ Lack of players, staff, help, etc.
	+ Weather
	+ Any other element that prevents you and your team from executing your plan
* Maintaining flexibility
	+ Observe – Orient – Decide – Act
* Having S.O.P’s (Standard Operating Procedures)
	+ Refer to Nuke’s sheet
* Having a written plan for every practice
	+ Email to every kid? Parent 14U and under? Entire organization
	+ Kids like to have the schedule. Miguel example.
	+ Keep the parents in the loop, especially during Covid and subsequent non-admittance to Dome
* Seek feedback
	+ 16U+
	+ Engage the kids in conversation, some dialogue. Ask them their opinion on a drill, or technique. Creates buy-in and ownership. Builds trust and respect. Provides a sense of empowerment but also ups their stakes.
* Maintain consistency from top (18U) to bottom (11U)
	+ Verbiage
	+ Drills
	+ Fundamentals
* Mission360 available to assist at practice.
	+ Text, call, email to schedule
	+ Available to help in ANY capacity (even with parents!)