Shape

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**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!)