

Running an Efficient Practice

"Fail to plan, plan to Fail" -John Wooden

"The greatest enemy of a good plan, is the dream of a perfect plan" - Carl Von Clausewitz

Nuke's S.O.P.'s

(Standard Operating Procedures)

The Big Five

1. Communication
2. Collaboration
3. Clarity
4. Flexibility
5. Delegation

Key Elements:

- Present – Execute – Review
- Take advantage of the limited time you have
- Maximize productivity
 - o small groups if possible
- Quality AND Quantity (w/in reason)
- Focus on "One Thing" @ a time (don't try to accomplish too soon)
- Implement variety
- Utilize competitions!
- Seek feedback / Ask questions / Encourage athletes to have a "Growth Mindset"

Practice utilizing a PICS mindset: Purpose – Intensity – Commitment –Synergy

Purpose – have intent. know what you want to accomplish.

Intensity – physical and mental. show enthusiasm, energy,

Commitment – to the task at hand (refer back to "One Thing")

Synergy – create an environment/culture of growth & learning.

Parent(s)

- ★ Communicate with?
 - o Email. Text. Phone. Zoom.
- ★ Engage?