COACHING GUIDANCE

Guiding Post-Session Reflections

5 PLENARIES YOU CAN USE RIGHT NOW

2 Stars & a Wish



- **Structure:** Each player names two things they did well (stars) and one thing they want to improve (wish).
- **Purpose:** This balances positive reinforcement with a single actionable development focus.
- **Time Management:** Limit each player to 10–15 seconds; for larger groups use representative players or small group rounds.

1 Strength, 1 Target, 1 Action



- **Structure:** Player states one strength, one targeted improvement, and the one action they will practise at home.
- **Purpose:** This links reflection to a clear transfer task for next week.
- **Example:** "Strength: my low-catch shape. Target: reduce step-latency. Action: 5 slow rep step-and-catch drills at home twice this week."

Coach-Led Evidencing & Response



- **Structure:** Coach shares a 30-second evidence-based summary and then asks each player to state a response - either a future action point or an observation/coaching point of their own.
- **Purpose:** This provides coached insight then converts it into personal accountability.
- **Example:** Coach - "Group average: 6/10 low catches under pressure; earlier planting reduced misses." Player - "I noticed I was more successful when I really focused on getting into the ready position."

3Q Rapid Probe



- **Structure:** Coach asks their group 3 quickfire questions:
  - What went well?
  - What challenged you?
  - What will you do before next session?
- Players respond to partners or the coach with short answers.
- **Purpose:** This provides a short structure and focuses attention to the future.

See-Think-Do Model



- **Structure:** Coach asks their group 3 quickfire questions:
  - **See:** What did you notice in your performance or the game? (observation)
  - **Think:** Why do you think that happened? (interpretation)
  - **Do:** What will you practise or change next? (action)
- Players respond to partners or the coach with considered answers.
- **Purpose:** This provides a short structure and focuses attention to the future. This usually results in longer answers but produces higher-quality insights for older or elite players.