



Coaching Culture Podcast Coaching Notes

Episode 145-147: Practice Planning, Facilitating, and Reflecting with Alan Keane & Mark Bennett

Other Episodes from Mark & Alan

Mark Bennett 73, 75, 76, & 78

Alan Keane Episode 98 & 99

Episode 145 Effective Practice Planning with Alan Keane & Mark Bennett

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Alan

- **Individual success criteria: meeting the player needs**
- **Shorten practice plans**

Mark

- **“Excellence pursued in the moment for Alan looks different from years ago to now.” Same principle applies the same to our own players**
- **“Individual Work Ons” = “Individual Success Criteria”- Y**
- **Work on is agreed upon between the coach and the player. Can organically change over time.**

Common Traps of Session Planning

1. **Success is covering content in the lesson**
2. **We aren't connecting with what true success is because they are showing you what you want to see based on the lesson. They are unable to recall in the next session.**

Covert Recall Game

Alan

- **You have shorter practice plans because you are focusing on the needs of players based on where they are at**
- **You address 2 or 3 areas now instead of 7 areas**



- Use the warm-up stretch, to ask them to “remind you” of their individual success criteria and work ons
- Knowing what success looks like for the players also impacts the practice plan. Get the players to come up with the practice session or have influence on the shape. “The players shape the practice they don’t “write the practice”
- You aren’t married to the practice plan... they guide it.
- Casual conversations...try sniping in these conversations. “For Pau, giving me the thumbs up when you understood what I was saying since the language barrier was an issue.
- Another player working on emotional control, we agreed upon a word: “blindfold”... he was blindfolded to task at hand when not in control of emotional state
- Start with a recall game, see where they are at with previous content. Starts with 20 minutes. May give them longer if they are close to acceptable. Or may need to step back in.

Player Reviews (A.A.R.) Drives the Next session.

Review: 1) Self 2) Team 3) Coaches “Hot Reviews”

Mark

- Do the “Hot Review” not only after the session, but throughout the session.
- Do these “hot reviews” with the team throughout.
- Do hot review 1 on 1s with players through the activity.
- Prioritize your content on the session plan.
 - “Covert Recall”: What will you covert recall? When is it from?
 - Prioritize the content if the “covert recall” is great.
 - a. Be prepared to address if covert recall isn’t great.
 - b. Ask questions: Why? Take ownership and make adjustments.

Mark

Need to be comfortable you may not get to it all.

Success is determined based upon the learning in the session.

Don’t need to do technical + tactical, start with behaviors.

Before you scan:

1. You need to be aware of your state
2. Manage your state “If you can’t manage your state, you need interventions from assistants and players to help you manage, not only do you need to give them permission, you need to acknowledge the feedback. Remember you gave them permission.



3. Scan for pre-agreed behaviors (non-negotiables)

4. Scan for the success criteria for that phase of the session and individual work-ons (success criteria)

Coaches intervention and content will depend on the effectiveness of their scanning.



Episode 146 Skills and Strategies to Facilitate Your Practice with Alan Keane & Mark Bennett

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Alan

In the next phase of practice what does success look like?

What does unacceptable and acceptable look like?

Short and sharp discussion. Whence they are clear as a coach, I step back and look for when is the appropriate intervention. You are constantly checking for understanding.

The most powerful facilitator is the player influencing another player within a practice. Be prepared for the players to not get it right the first time. The challenge is when will I step in or not, be patient to allow them to execute from the success criteria. Because then we take away the #1 thing they need to learn.

- 1. Give them Time: It's a coaching skill to help players to help each other! Effective communication because the success criteria is specific.**
- 2. Intervention of the Reset: Allow players to reset. Players are free to “stop and reset” because we aren't giving great effort.**
- 3. Give them player time outs, opportunities for them to call, and make the correct adjustments.**

It's a sliding scale on when to take the lead and when to step back.

Best evidence of this effectiveness is FEEDBACK from the players.

Mark

When you develop a new skill it shouldn't replace it, but it should enhance other skills.

Mentorship and support process is necessary to be successful.



Episode 147 Developing An Effective Reflection System With Alan Keane & Mark Bennett

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Mark on Reflection

- **Need to be accurate as possible**
- **Consistent system to use the reflection to grow**

Agree as a Staff on Whatsapp, phone call, etc.. agree to reflect

1. Self 2. Other Coaches 3. Players

Cold Review: Next day, the video, reflect a day later, chat with coaches the next day.

Systematic Approach to Reflection

Don't allow outcomes (scoreboard) influence the reflection process.

The value of someone outside of your team that can give you perspective (the mentor).