Extra Work Request and Coach Handoff

Hear the actual learning request.

Clarify what the athlete wants to learn, use the responsible coach's approved plan, and agree on a suitable review without inventing an exercise prescription.

Hypothetical example: an assistant takes a specific extra-work question to the responsible coach and confirms the actual approved arrangement with the caregiver before any new activity.

01 Hear the request behind "more"

Hear the actual learning request.

Athlete's request

Skill or question named

Reason they gave

Outcome they hope for

02 Use the responsible coach's plan

Check the responsible coach's plan.

Responsible coach

Existing plan checked

Approved activity if any

Decision still pending

Extra Work Request and Coach Handoff / Review & follow-through

03 Confirm the adult arrangement

Confirm the required adult arrangement.

Permission or supervision required

Caregiver arrangement confirmed

Instruction athlete understands

Limit the coach explained

04 Keep the instruction and review concrete

Review the approved work accurately.

Approved work actually completed

Observation available to coach

Question still unanswered

Next review agreed