Next-Practice Direction Card

Keep the instruction accurate and current.

A saved note preserves a question; the responsible coach confirms where the direction applies before the next attempt.

Example: an athlete notes a station-signal instruction, asks whether it applies at the next practice, and updates the card with the coach's current explanation.

01 Capture the direction

Separate remembered words from guesses.

Coach's actual instruction

Situation where it applied

Detail not yet clear

Permitted note method

02 Explain the task

Prepare a question without adding technique.

Instruction in athlete's words

Action the coach described

Term to ask about

Coach demonstration to revisit

Next-Practice Direction Card / Review & follow-through

03 Confirm the current lesson

An old note does not override today's coach.

Appropriate question opportunity

Current coach confirmation

Changed context or instruction

Conflict to take to lead coach

04 Review the suitable attempt

Use the approved session plan.

Current assigned action

Suitable attempt observed

Explanation still needed

Note updated for next session