The Bad-Practice Repair Debrief

Bring a better plan to the next session.

A useful debrief connects an observed breakdown to a teachable repair. Frustration alone does not identify the cause.

Example: athletes waited in a long line at one station. The coach adds a suitable task for waiting partners and assigns the rotation. An assistant checks whether the line and instruction are clearer next practice.

01 Record the breakdown

Describe the event without assigning a motive.

Specific moment that broke down

Task and instruction given

Athlete behavior actually observed

Separate safety or reporting concern

02 Inspect the coaching

Examine preparation before blaming the room.

Planning or setup contribution

Instruction that needs clarification

Assistant's observation

Taught athlete duty to reinforce

The Bad-Practice Repair Debrief / Review & follow-through

03 Repair the next session

Make one change with a clear purpose.

Change to the next practice plan

Coach or assistant who owns it

Words to explain the repair

What improvement would look like

04 Close the loop

Review the actual next-session result.

What happened after the change

Breakdown still needing attention

Coaching lesson to keep

Next bounded adjustment