The One-Correction Coaching Card

Give the next attempt a teachable priority.

A useful correction identifies one appropriate action and checks that action before piling on new demands.

Example: during a station lesson, the coach asks an athlete to wait for a signal. After the next suitable attempt, the coach records whether the athlete waited and adjusts the explanation if needed.

01 Choose the priority

Name the observation before the cue.

Action actually observed

Current lesson objective

Correction priority

Concern requiring an immediate stop

02 Write the cue

Use wording suited to the athlete.

Exact coaching sentence

Term to explain or simplify

Demonstration feature

Athlete explanation of change

The One-Correction Coaching Card / Review & follow-through

03 Observe the attempt

Check the assigned action.

Suitable attempt within the plan

Observer coach role

Assigned change observed

Specific feedback to give

04 Review the instruction

Repair the cue before adding demands.

Cue understood or still unclear

Task adaptation to discuss

Cue kept or changed and why

Next review opportunity