The Practice Transition Map

Give the change between drills a clear sequence.

Every transition needs a signal, a destination, an equipment owner, and supervision.

Example: the lead coach closes a drill, athletes wait at marked stations, one assistant resets cones, and another confirms everyone has arrived before the next demonstration.

01 Audit the change

Observe one transition.

Current and next activity

Where confusion occurred

Necessary pause to preserve

Instruction athletes missed

02 Map movement

Make the route clear.

Stop signal and meaning

Next waiting location

Route or traffic concern

Supervising adult role

The Practice Transition Map / Review & follow-through

03 Assign the handoff

Prepare the next lesson.

Equipment reset owner

Setup task before arrival

Who gives next instruction

Readiness check

04 Rehearse and adjust

Record the actual sequence.

What moved as planned

Where the sequence broke

One correction to make

Next transition review