The One-Goal Practice Planner

Teach one observable skill and check what landed.

A demanding practice still needs clear teaching, proper supervision, and the protections required by the program.

01 Choose the learning goal

Fit the goal to the actual group and the program's teaching scope.

Observable learning goal

Group's current teaching level

Evidence the skill was learned

Support / adjustments to plan

02 Prepare the room and the adults

Use established protection and safety processes; this planner does not set medical clearance or workload.

Equipment / space needed

Supervision and adult roles

Relevant safety / protection requirements

Attention signal and transition instruction

The One-Goal Practice Planner / Review & follow-through

03 Plan the teaching sequence

Use activities appropriate to the group and the program.

Item	Activity / teaching detail	Planned time	What I will observe
Introduce / demonstrate			
Practice / feedback			
Closing learning check			

04 Improve the next session

Record teaching evidence after practice, without listing private athlete information.

Instruction that worked

Detail the group found confusing

One teaching adjustment

Issue needing qualified / program support