



# Coach Reflective Practice Log

**A single reusable page for the coach's own development — not the team's.**

Every session in this programme already carries a "Coach Review" section, and every phase review carries an "Individual Development Focus" — both are about the players and the team. Nothing in the programme supports the coach's own development, despite the whole project being written from a coach-education standpoint. This page is that missing piece: a short Plan-Do-Review cycle, standard practice on any UEFA coaching course, aimed entirely at how you coach, not what the team learned.

This is one reusable page, not a new page per week — print several copies, or keep a running digital copy, and fill in a row or a short entry after any session worth reflecting on. It doesn't need to be every session.

## The three questions

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**Plan — before the session.** Name one specific thing about your own coaching you want to focus on tonight — not a tactical topic, a delivery skill. For example: *asking more and telling less in the guided-discovery moments, letting a practice run longer before intervening, giving the quieter players a specific individual word, keeping transitions between practices under two minutes.*

**Do — during and straight after.** A brief, honest note on what actually happened with that specific focus — not the session's results, your own delivery of it.

**Review — the same evening or the next day, while it's fresh.**

- What worked well in *how* you coached tonight?
- What would you change about your own delivery next time?
- What's the one thing about your coaching — not the team's tactics — that carries into next week?

## A menu of focuses, if you're not sure where to start

Rotate through these across a season rather than reflecting on everything at once — one focus, held for a few sessions, teaches more than a different focus every night.

| AREA                 | WHAT TO WATCH IN YOURSELF                                                                                                                                                    |
|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Intervention timing  | Are you stopping practices at the right moments — enough to correct, not so much that play never settles?                                                                    |
| Question quality     | Are your guided-discovery questions genuinely open, or leading players to the answer you already have in mind?                                                               |
| Tone under pressure  | Does your tone change when a practice is going badly, and is that change helping or making it worse?                                                                         |
| Session pace         | Are transitions between practices tight, or is training time leaking away between activities?                                                                                |
| Individual attention | Is the same two or three players getting most of your direct feedback, or is it genuinely spread across the squad?                                                           |
| Plan vs adaptability | Are you running the session as planned even after it's clearly not working, or adjusting live using the regressions/progressions already built into each practice?           |
| Silence              | Are you comfortable letting players organise a practice without your voice, even briefly — Week 5 and Week 36's deliberately coach-silent moments are a useful test of this. |

# Running log

| DATE / WEEK    | THIS SESSION'S FOCUS                          | WHAT WORKED                                                            | WHAT I'D CHANGE                                                 | CARRIES INTO NEXT WEEK                                         |
|----------------|-----------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------------------------|
| e.g. Wk 6, Tue | Asking more, telling less in guided discovery | Held back for the first two questions — players found their own answer | Jumped in too early on question three when the group went quiet | Give a genuine ten-second pause before rescuing a quiet moment |

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