

From match notes to practice

Fictional worked example plus a blank adaptable sheet; these are local coaching observations, not official statistics.

Before you record

Choose one question and one phase. Agree the categories with the observer. Define a relevant opportunity and an unknown. Keep player welfare and the coach's match responsibilities first. Collect only information needed for the task; do not publish individual rankings or private medical details.

Worked example — fictional

Question: can the intended second-contact player reach our first contact without chasing?

Local labels agreed before the match: easy second contact at the target; second contact after a chase; no playable second contact. These are not official passing grades.

Observed opportunities: 12. Easy: 5. Chase: 4. No playable second contact: 3. One additional obscured rally stays unknown and is not in the 12.

Practice choice: after warm-up, two groups of four. Feeder, passer, target and observer use one active ball per group. Rotate after five feeds.

Easier: gentle predictable toss, target catches. Add movement or a serve only when manageable. Clear spare balls and rest as needed.

Next check: use the same labels on another short segment. Record different serves, opponents or definitions. Do not infer that the drill caused a change from these small numbers.

From match notes to practice

Your blank observation-to-practice sheet

Date / observer / team context: _____

One question / observed phase: _____

Opportunity definition / categories: _____

Observed opportunities / counts: _____

Unknowns kept separate: _____

Context / what changed / what I could not see: _____

One familiar drill / reason for choosing it: _____

Players / active roles / balls / safe space: _____

Easier version / one possible progression: _____

Next observation / keep, simplify or progress: _____

Before sharing

Describe the action rather than the player's personality. Check that counts add up and unknowns remain visible. Ask players what the task felt like. Share a next action, not a claim of certainty. Retain notes only as long as needed and follow your club's privacy arrangements.