

My next-ball reset card

A fictional worked example and a blank coaching record. No score for emotional control; no promise of a better next point.

Worked card — fictional Sam

Situation: one serve-receive pass went wide. The event label is “wide pass”, not “I always fail”. Sam still feels disappointed; the aim is returning attention to the next responsibility, not making that feeling disappear.

Chosen sequence: move back to the agreed receiving position; loosen the shoulders; choose the practised cue “read the server”; check the seam with Alex. Alex answers with the agreed hand signal. No extra ritual delays play.

Observation from the next rally: Sam was ready in the agreed position and attended to the server. The pass was playable, not perfect. Record those separately. One good pass cannot establish that the routine caused improvement; another error would not mean Sam failed to care.

Later review: the coach observed late movement on several serves. Next practice uses easier serve-reading tasks. Keep the short cue if useful, change it if it adds pressure, and ask for a pause or support when needed. This is an invented coaching example, not clinical advice.

My next-ball reset card

Your blank card — choose one useful action

Player / date / familiar drill: _____

Event described neutrally: _____

My next rally responsibility: _____

My one practised cue, word, visual target or gesture: _____

Optional comfortable settling action: _____

Teammate / response we agree on: _____

Return to position without delaying play: _____

What I noticed on the next rally, separate from result: _____

Ball outcome, if useful to record: _____

What needs technique practice later: _____

At the break I want to keep / change / simplify: _____

A person I can ask for a pause or support: _____

Use this to notice a task, not to grade confidence, suppress emotion or select players. The routine is optional and adaptable; ongoing distress deserves appropriate support.