

Optimal Practice Wheel

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Purpose

This tool is to help sports coaches improve their team's practices.

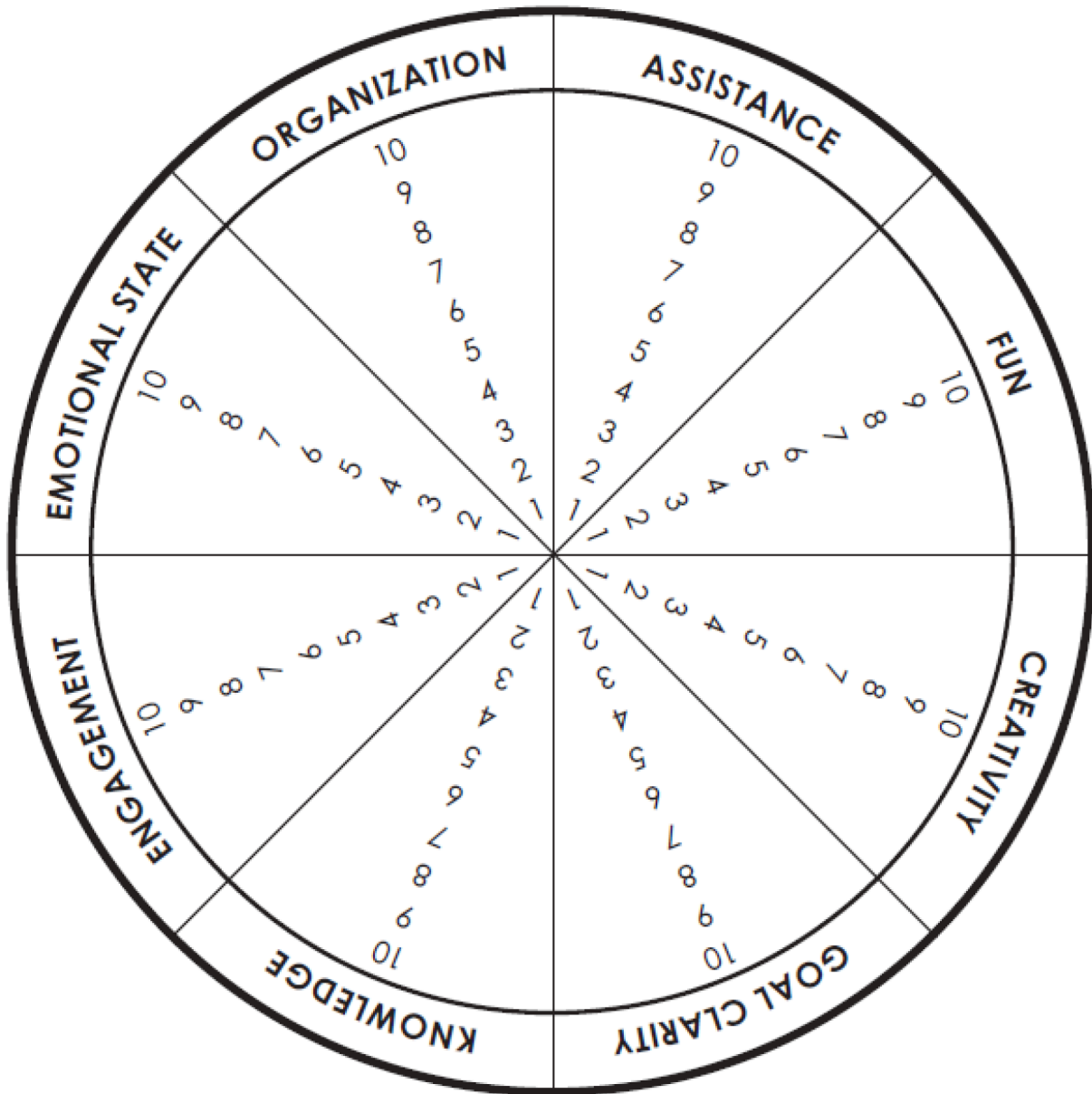
Benefit

This is a great tool for any sports coach that wants to improve. It allows them to see what areas they are excelling at and which ones need some improvement.

How to Use This Tool

If you have a sports coach as a client whose goal is to improve their team's practice, have them fill out the attached wheel either during a session or for homework.

Praise them for any areas that are highly scored. For areas that are scored lower, have them come up with strategies that would allow them to bump up their score by two points. Continue using this tool throughout future sessions to ensure their goals are reached.



Credit: The concepts inherent in this article are the author's interpretation of materials issued by iPEC®.