THE HUDDLE HQ SF

Your Guide: Session Planning

A practical coach-first guide to planning with purpose, reflecting, adapting and going again.

INSIDE:

1 - The Huddle HQ C.O.A.C.H Framework
2 - Know Your Room
2 - Before, Building, During, Post Session
3 - The Coaching Cycle

THE HUDDLE HQ
C.O.A.C.H Framework

A simple lens for how you coach.



C — COMMUNICATE

What is wanted?
Create clarity. Use language with purpose.



O — OBSERVE

What is happening?
Watch the people, not just the practice.



A — ADAPT

What needs to change?
Respond to what you see, hear and feel.



C — CONSOLIDATE

What are they learning?
Give athletes time to connect the learning.



H — HEAR

What do they need?
Listen to the words — and what isn't being said.

THE HUDDLE HQ

COACH is NOT a checklist. It IS a LENS.

Keep coming back to it throughout your session.

BEFORE YOU PLAN

*Start with **YOU**.*

Before the cones, bibs and ball...

Your first session starts with the **environment** you want to create - and the coach you want to be inside it.

FEEL

How do you want athletes to **FEEL** when they leave?

YOU

What do you want them to know about **YOU**?

THEM

What do you need to learn about **THEM**?

SUCCESS

What does **success look like** today beyond performance?

YOUR 3 WORDS FOR THE ENVIRONMENT

KNOW YOUR ROOM

Before worrying about the content..

WHO AM I COACHING?

- [ ] Age / stage
- [ ] Experience / ability
- [ ] Confidence / mindset
- [ ] Personalities / dynamics
- [ ] New or returning athletes
- [ ] Injuries / additional needs

WHO ELSE MATTERS?

- [ ] Assistant coach
- [ ] Team manager
- [ ] Parents / carers
- [ ] Club / committee
- [ ] Support staff
- [ ] Venue / wider environment

Your session IS NOT A RACE TO know EVERYONE.
It's about being CURIOUS and bit by bit understanding THEM as an individual.

NOTICE THIS:

Who speaks first?

Who hangs back?

Who asks questions?

Who needs reassurance?

Who brings energy?

Who needs more time?

Did visuals work well for anyone?

Your observation starts before the activity does.

BUILD YOUR SESSION

A simple structure that works.

This is not a drill list - It is a rhythm.
Use it to make your first session feel intentional, person first and easy to adapt.

1 **ARRIVE**

Welcome all people. Learn names. Read the room.

2 **CONNECT**

Get athletes talking, smiling and interacting - Check in tools.

3 **MOVE**

Raise energy and confidence without over-coaching.

4 **EXPLORE**

Introduce the theme. Ask. Observe. Let them try.

5 **PLAY**

Make it live.
Let decisions and relationships build in context.

6 **REFLECT**

Finish with what they noticed - and what you noticed.
Together to feedforward from the theme set out.

COACH IT:
Keep asking: What does this part of the session need to achieve - for the athletes AND for me?

THE COACH DURING THE SESSION

Coach yourself too.

Your job IS NOT to fill every silence.....
Give yourself permission to watch, listen and learn.

- ☐ Am I talking too much?
- ☐ Have I learnt names?
- ☐ Who haven't I spoken to?
- ☐ Am I watching - or constantly intervening?
- ☐ Have I asked a question rather than given the answer?
- ☐ Who looks confident? Who looks unsure?
- ☐ Is everyone involved?

STOP	LOOK	LISTEN
Do I need to step in?	What is actually happening?	What are they telling me?

YOUR LANGUAGE

The words we use matter.

Small changes in language can change whether athletes:
*__Defend__ themselves and their actions.
*__Explore__ and be curious about the picture in front of them.
*__Think__ about themselves and others around them.
*__Connect__ with team mates and continue self growth

INSTEAD OF...	TRY THIS...
Why did you do **that** for?	**What did you see?**
Don't lose the ball!	**What** could help us keep possession?
You **need** to do that now	**What** could you try?
That's **wrong**.	**What** other option could work here?
Stop doing that.	**What is** our game plan instead?

ASK • LISTEN • EVOLVE
WHAT WORDS DO YOU SAY REGULARLY THAT YOU COUD CHANGE ?

DO NOT TRY TO PROVE YOURSELF

Focus on what matters.

YOU DON'T NEED...

- ☐ 15 complicated practises
- ☐ Constant instruction
- ☐ To demonstrate everything you know
- ☐ A perfect session

YOU DO NEED...

- ☐ Clarity
- ☐ Connection
- ☐ Observation
- ☐ Adaptability
- ☐ Enjoyment
- ☐ A safe environment

" YOUR TRAINING SESSIONS ARE NOT AUDITIONS, THEY CREATE A SAFE SPACE TO LEARN AND BUILD RELATIONSHIPS "

Athletes are learning what it feels like to be coached by you and your philosophy - so be yourself and adaptable.

POST SESSION

HOT DEBRIEF - One-minute reflection.

Before you analyse the session, capture your immediate thoughts.
What did you notice?

🌱 KEEP • CHANGE • TRY 🌱

What worked? What would you change? What will you experiment with?

KEEP

CHANGE

TRY

YOUR NEXT SESSION

Turn reflection into action.

NEXT TIME I WILL...

ONE ATHLETE / GROUP I WANT TO UNDERSTAND BETTER...

ONE COACHING BEHAVIOUR I'LL PRACTISE...

ONE THING I WILL DO LESS OF...

ONE THING I WILL DO MORE OF...

GO FOR IT - BE YOU, BE CONFIDENT, CREATE THE HUDDLE

THE HUDDLE HQ
COACH FRAMEWORK

C — COMMUNICATE
What is wanted?

O — OBSERVE
What is happening?

A — ADAPT
What needs to change?

C — CONSOLIDATE
What are they learning?

H — HEAR
What do they need?

THE COACHING CYCLE

COACH → DO → NOTICE → REFLECT → ADAPT → GO AGAIN

Coaching isn't about getting it perfect.
It's about noticing, learning and evolving.

KEEP COACHING.
KEEP NOTICING.
KEEP EVOLVING.

Your coaching journey doesn't end with one session.

Stay curious. Keep reflecting.

Remember — Keep evolving, be cofident be YOU

Want to keep developing?

Explore more Huddle HQ coach development resources, workshops and support.

THE HUDDLE HQ SF

Growth • Mentorship • Mindset

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