

WHAT YOU'RE TRAINING NOW

Plan first, then check

You say first how you're going to do it, then check whether it went that way. If you know your own approach, you can improve it.

Side 1 · Our plan

Fill in before exercise 1. Together, in two minutes. Out loud.

What

what are we going to practise?

Who

who solves, who coaches, and when do we swap?

When

how much time per problem?

Why

why these problems? what should work afterwards?

What for

for which test or task?

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Side 2 · The coach writes

Don't give the answer. After half a minute of silence, ask: what are you doing now?

Problem	Where it stuck	What I asked
1		
2		
3		
4		
5		

Did our plan hold? ☐ yes ☐ partly ☐ no

What we'll plan differently next time