

One practice plan for every coach

Turn selected drill sources and your club notes into a shared practice plan and a clear message for coaches. Check the result, then save the setup for next time.

Dennis Yu | Wednesday September 30 | 2:00-2:45 PM Eastern



A previous JVA Align event. The exercises in this workbook use fictional club data.



Save the checked version. Reuse the structure; update the club facts and coaching notes.

Use the tool you already have

ChatGPT, Claude or another familiar AI chat is enough. Keep a place to save text. You can follow along or watch. No paid upgrade, new account, inbox connection or live club data is required.

The workshop at a glance

Minutes	What we will do
0-5	Choose one recurring coach communication task
5-15	Provide facts, coaching notes and source links
15-30	Draft a plan and coach message; check and save
30-40	Check the court schedule after a closure
40-45	Questions and a specific next task

Open the complete input

In the participant ZIP, open coach-practice-start.txt and copy all its text into a fresh chat. It contains the complete exercise. If the ZIP is inconvenient, the club facts, prompt and source notes are on the next three pages.

The finished packet

Part	What belongs in it
Plan	Date, courts, coach roles, time blocks and adaptations
Source notes	What was actually read, supplied or left unknown
Coach message	Review deadline, source links and the next step
Saved version	Draft status, owner and changes since the previous version

A useful boundary

A link is not proof that the AI saw a video. If video content is unavailable, provide a transcript or coaching notes. Keep the athletic decisions with the head coach. This exercise produces review drafts; no messages are sent.

Optional after class: communications-start.txt preserves the parent questions and website-notice exercise from R2. Court-start.txt remains the second live example.

Give the assistant the club facts

Topic	Supplied training facts
Teams	13 Blue and 13 White; 12 players each. Each team stays on its assigned court.
Time	Thursday October 1, 2026, 6:00-7:30 PM Eastern. Exactly 90 minutes including water and transitions.
Staff and space	Two adjacent courts; one lead coach and one assistant on each court. Twelve balls per court, cones and a timer.
Shared aim	Clear serve-receive calls and a controlled first contact that leads to an attack.
Coach handoff	Review the draft by Wednesday September 30 at 6:00 PM Eastern. Questions before Thursday October 1 at the 5:45 PM staff huddle.
Decision owner	The head coach checks suitability, spacing, drill flow and workload before use. No real coach has approved this fictional example.

Keep the teams on one timeline

Resource	Court 1	Court 2
Team	13 Blue	13 White
Staff	Lead + assistant	Lead + assistant
Clock	6:00-7:30 PM ET	6:00-7:30 PM ET
Common work	Same goal and block times	Same goal and block times
Flexible detail	Difficulty chosen by coach	Difficulty chosen by coach

These case dates are separate from the workshop. Never replace fictional examples with player names, health details or other private member information.

Check what the sources actually say

[V1 JVA Pass to Attack Master Training](#)

Relevant to coordinated training. Publisher description checked; exact drill mechanics and timestamps were not inspected. Use it as a review reference, not as proof of the supplied drill notes.

[V2 JVA Seam Communication](#)

Relevant to serve-receive communication. Publisher description checked; the actual three video cues were not verified. Do not invent them or attribute our sample calls to this video.

Fictional coaching notes for this exercise

- Use the sample club calls 'mine', 'short' and 'deep'. These are supplied notes, not an extracted transcript.
- Warm-up uses the normal coach-led club routine. Coaches set safe zones, spacing and suitable feed difficulty.
- Serve/pass groups have a server, passer and target. Rotate after five playable feeds; the coach chooses when a serve is suitable.
- The lead demonstrates a familiar passer-setter-attacker sequence, chooses intensity and signals rotation. Exact flow remains a coach decision.
- For application, each court splits 12 players into two groups of six. The assistant tallies audible first-contact calls and records one observation. Include water, reset and reflection within the clock.

These notes were authored for the workshop and have not been reviewed by an actual coach. They let the administrative demonstration run without video access.

[Written context JVA 13U curriculum](#)

[JVA guidance on shared drill libraries and coach resources](#)

Ask for the plan and message

You are helping a club director prepare a coach packet. Use only the supplied fictional case facts, coaching notes and source cards. Begin by stating exactly which sources you can access: video transcript, publisher description, supplied notes, or none. Never claim to watch a video if you cannot inspect it. Do not invent timestamps, drill mechanics, recipients, links or approvals.

Create:

1. One 90-minute plan for two teams on two courts, with time, duration, task, responsible coach role, common cue and adaptation field. Include water/transitions and prove the total is 90 minutes.
2. A concise draft message for coaches with the practice date/time, review deadline, links, questions and next step.
3. A 'head coach must check' box listing unresolved drill/athlete decisions.
4. A reusable filename and version line. State draft/not sent.

Use the supplied notes for the worked plan. The YouTube descriptions establish relevance only. If a source is inaccessible, say so and continue from supplied notes. Do not send, upload, publish, schedule or change anything.

Then paste the facts and notes

Include pages 3-4, or use coach-practice-start.txt, which already includes everything. Do not paste only a bare YouTube URL and assume the model accessed it.

Check the answer before improving the wording

- Time adds to 90 minutes and includes water and transitions.
- Both teams follow the same clock; no coach is assigned to both courts.
- The source-access statement is honest. No made-up timestamps or video cues.
- The head-coach decisions remain visible; draft status is clear.
- The coach message agrees with the plan on dates, times and review deadline.

Repair request: The claim [paste it] conflicts with [supplied fact] or has no source. Correct only what is needed, show the changed rows, and keep unresolved questions for the head coach.

See what a shared plan can look like

Harbor Juniors | October 1, 2026 | Eastern time. Both courts follow these blocks. Lead coaches own instruction; assistants support and observe. This is an illustrative timeline, not a program prescribed by JVA.

Time PM	Min	Both courts	Check or adaptation
6:00-6:10	10	Normal coach-led warm-up	Goal + shared calls
6:10-6:25	15	Calling the ball and first contact	Coach sets feed difficulty
6:25-6:40	15	Serve/pass groups of three	Rotate after five playable feeds
6:40-6:45	5	Water and reset	One observation; no court swap
6:45-7:00	15	Familiar pass-to-attack sequence	Coach supplies flow and intensity
7:00-7:20	20	Six-a-side application	Assistant tallies audible calls
7:20-7:25	5	Coach-selected closing routine	Adapt to the athletes
7:25-7:30	5	Reflection and equipment return	One cue to keep; one change

$10 + 15 + 15 + 5 + 15 + 20 + 5 + 5 = 90$ minutes. Each team stays on its own court. Actual drill flow, athlete suitability and workload still need the head coach.

The message is part of the deliverable

DRAFT FOR REVIEW

Subject: Shared 13U practice plan for Thursday October 1

Coaches, please review the draft for Thursday 6:00-7:30 PM Eastern by Wednesday September 30 at 6:00 PM Eastern. Both teams follow one timeline on their assigned courts. Review the JVA source links and supplied club notes, flag questions, and bring unresolved details to Thursday's 5:45 PM staff huddle. The head coach must confirm drill flow, difficulty and workload before practice. Afterward, record one cue to keep and one change. No message has been sent.

Include the actual plan and V1/V2 links when preparing the real draft. Do not say a file is attached until it is. A human approves the packet and sends it through the club's existing channel.

Check a court schedule after a closure

Fictional Demo Gym, October 6, 2026. America/Chicago time. Every session is 60 minutes. Court B is closed 18:00-19:00. This is a separate example from the practice plan.

ID and team	Coach	Court	Start	Fixed
S1 Alpha	C1	A	18:00	Yes
S2 Bravo	C2	B	18:00	No
S3 Charlie	C3	A	19:00	No
S4 Delta	C4	B	19:00	No
S5 Echo	C2	A	20:00	Yes

Coach	Allowed start times
C1	18:00
C2	18:00, 19:00, 20:00
C3	19:00, 20:00
C4	19:00

Paste court start into a fresh chat

court-start.txt contains the full fixture and instructions. Keep all five sessions, IDs, teams, coaches, date and duration. Use courts A/B and starts 18:00/19:00/20:00. Preserve fixed S1 and S5. Respect availability and the closure. No court, coach or team may overlap; back-to-back sessions are allowed.

Minimize the number of sessions with a changed court or start; changing both counts once. Check each resource separately. Draft a separate notice only for a changed team. Ask why fewer changes cannot work.

Save one checked version for next time



Save the checked version. Reuse the structure; update the club facts and coaching notes.

Save and reopen

- Save the original response unchanged. Put corrections in a separate dated version.
- Close and reopen the files. Compare them with the chat.
- Record which source content you actually inspected and which details the head coach still owns.
- After real approval, send the checked packet in the club's normal coach channel. Preserve the approved version.

Use a clear filename

HarborJuniors-13U-2026-10-01-v01-DRAFT
 Owner: [club staff role] | Coach review: pending
 Sources: V1/V2 descriptions + supplied notes
 Changes since prior version: [what changed]

My next useful task

Recurring task: _____
 Approved facts and source notes: _____
 Person who reviews it: _____
 One new question to test reuse: _____
 Saved and reopened: YES / NO / NOT CHECKED

Use the same structure for parent questions, registration reminders and website notices. Measure the time and corrections on one real task before expanding it.

JVA teaching edition R3 | 29 September 2026. Sources remain linked on page 4. Earlier editions are preserved; this edition adds the coach-plan workflow.