

AI for everyday club work

Shared practice plans and clearer coach communication



Today's 45 minutes

A repeatable workflow for the tools and accounts you already use

0-5	A recurring club task
5-15	Source notes and reusable instructions
15-30	A shared practice plan and coach message
30-40	A court closure and schedule repair
40-45	Questions and your next use

The shared coach packet

The club supplies the expertise. AI helps organize it for review.



One shared timeline. Each coach adjusts the details for their athletes.

Useful video links need usable source notes

A link alone does not establish what the assistant can inspect.



Pass to Attack: Master Training

JVA's description covers adaptable passing-to-attack and digging-to-attack work for multiple teams.



Serve Receive: Seam Communication

JVA's description identifies communication between passers. A coach must supply the exact cue words.

Descriptions + supplied notes. No transcript or playback. Previews: JVA / YouTube.

Our fictional club case

Harbor Juniors 13 Blue and 13 White

90

minutes

2

courts

24

players

Thursday, October 1 6:00-7:30 PM Eastern

Each team stays on its court with one lead coach and one assistant.
Both use the same clock and shared communication goal.

The prompt that keeps the work grounded

The complete copy-and-paste prompt is in the participant workbook.

Source access	State what you can inspect: transcript, description or supplied notes.
Constraints	Keep two teams on two courts and include every transition.
Output	Draft a 90-minute plan and a concise message for coach review.
Unknowns	Flag missing drill details. Do not invent timestamps or approval.

A complete 90-minute practice clock

Illustrative plan for head-coach review. Both courts follow this timing.

Time, Eastern	Minutes	Shared activity
6:00-6:10	10	Coach-led warm-up and shared goal
6:10-6:25	15	Calling the ball and first contact
6:25-6:40	15	Serve/pass groups
6:40-6:45	5	Water and reset
6:45-7:00	15	Familiar pass-to-attack sequence
7:00-7:20	20	Six-a-side application on each court
7:20-7:25	5	Coach-selected closing routine
7:25-7:30	5	Reflection and equipment return

10 + 15 + 15 + 5 + 15 + 20 + 5 + 5 = 90 minutes

The same plan, with room for coach judgment

Two teams can share the goal while coaches adjust difficulty.

COURT 1

13 Blue

Shared clock, goal and coaching vocabulary

COURT 2

13 White

Shared clock, goal and coaching vocabulary

Each lead coach chooses suitable feeds, workload and drill flow.
Each assistant records one useful observation for the next plan.

A coach message ready for review

Draft example. No message has been sent.

Subject: Shared 13U plan for Thursday, October 1

Coaches,

13 Blue and 13 White will share a timeline, 6:00-7:30 PM Eastern, on their assigned courts. Our focus is clear calls and controlled first contact.

Please review the draft by Wednesday at 6:00 PM Eastern. Bring questions to Thursday's 5:45 PM staff huddle. Lead coaches must approve drill flow, workload and athlete adaptations.

Source links and club notes are in the packet. After practice, record one cue to keep and one change for next time.

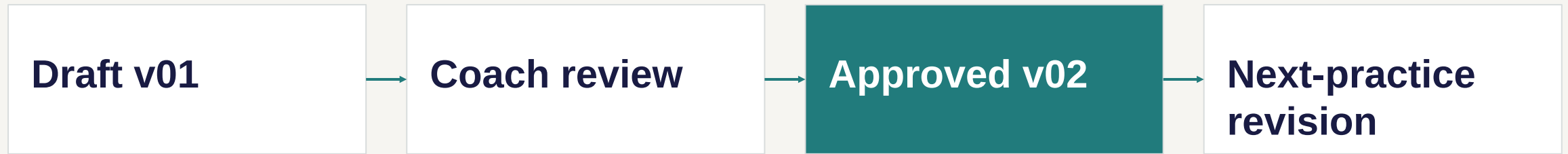
The review before anyone receives it

A quick check catches mistakes that confident wording can hide.

- | | | |
|----------|-------------------------|---|
| 1 | 90 minutes | Every block, water break and transition fits. |
| 2 | Clear ownership | One lead and one assistant stay with each team. |
| 3 | Traceable detail | Source notes support each specific cue or drill step. |
| 4 | Coach approval | The coach checks suitability and unresolved details. |

A reusable file that improves with each practice

Saved instructions and reviewed notes carry the work forward.



HarborJuniors_13U_Practice_2026-10-01_v01_DRAFT

Keep the prior version. Record the reviewer and the changes.
Reopen the saved file before sharing the link.

The court closure example

Fictional Demo Gym, October 6. Every session lasts 60 minutes.

Start, Chicago time	Court A	Court B
6:00 PM	S1 Alpha / C1 LOCKED	CLOSED: S2 Bravo cannot run
7:00 PM	S3 Charlie / C3	S4 Delta / C4
8:00 PM	S5 Echo / C2 LOCKED	Open

The assistant must preserve every team, coach, duration and lock.

Two moved sessions repair the schedule

Keep S1, S4 and S5 in place. Preserve coach availability.

Start, Chicago time	Court A	Court B
6:00 PM	S1 Alpha / C1 LOCKED	CLOSED
7:00 PM	S2 Bravo / C2 MOVED	S4 Delta / C4
8:00 PM	S5 Echo / C2 LOCKED	S3 Charlie / C3 MOVED

Bravo moves to A at 7:00 PM. Charlie moves to B at 8:00 PM.

C2 coaches Bravo and Echo back to back, with no overlap.

Why the schedule needs two changes

A useful answer explains its reasoning and passes independent checks.

- 1** **Bravo must move because its original court is closed.**
- 2** The only open slot is B at 8:00 PM, but C2 already coaches the locked Echo session then.
- 3** Moving Charlie frees A at 7:00 PM for Bravo.
Two changes solve the conflict without double-booking.

Your next club task

One small workflow is enough to practice the method.

A recurring task

Coach instructions, parent replies or a schedule change

A reliable input

A source you can verify and the club's actual constraints

A usable result

A reviewed draft saved where your team can find it

JVA sources for the next practice

Clickable references. Check access before using details in a real plan.

Pass to Attack: Master Training

Official video description checked. Coach notes still needed.

Serve Receive: Seam Communication

Official video description checked. Exact cues unverified.

JVA 13U training curriculum

Written guidance for age-appropriate skill development.

Club training model: the first six weeks

Written guidance on common goals and club culture.

A shared drill library and coach learning

Written guidance on playlists, plans and coach communication.