

Phase 3: Choosing one obstacle to address

Coach: Which obstacles are preventing you from reaching the target condition?

Improver: The launching height varies, the throwing force varies and the launching angle varies as well.



Coach: Which one are you addressing now?

Improver:

- A. The center of gravity is too far backward. For the next 5 throws we will move the two paper clips further to the front.*
- B. We have to increase the throwing force.*
- C. I will instruct the team members to aim more carefully.*

Questions for the Coach:

- 1) What is the problem with each of these answers?*
- 2) What should the "perfect" answer contain?*
- 3) How would you react as a coach in this situation?*