

SELF COACHING TOOL

S.P.P.A.A.T. SELF COACHING FORMULA		DEFINITION	EXAMPLE
S	SEQUENCE	The order of steps carried out when executing a technique.	<ul style="list-style-type: none"> • Coil, Uncoil, Fit, Finish • Hips drive hands
P	POSTURE	The position of the body during a technical sequence.	<ul style="list-style-type: none"> • Triangular base • Toes out • Low back flat, not hunched • Elbows within the frame
P	PLACEMENT	The surface or point of contact on opponent.	<ul style="list-style-type: none"> • Chest plate • Near point shoulder • Attack “soft targets”
A	ANGLES	The route of departure and relationship of the body relative to an opponent during a play.	<ul style="list-style-type: none"> • Account for distance/speed • Stay square • Hunt the hip • Triangulate
A	ASSIGNMENT	Position-specific objectives of a play based on scheme.	<ul style="list-style-type: none"> • Conceptual learning • Unit/scheme/position objectives • Film study • Presnap recognition • Communicate
T	TIMING	The rate/speed/moment of initiating steps when executing a technical progression during a play.	<ul style="list-style-type: none"> • Vision/situational awareness • Closing speed and proximity