YOUR REFLECTIVE PRACTICE ROADMAP

Turn experience into better-informed practice.

Praxis
PRACTICE IN ACTION

A repeatable routine for athletes and coaches. The goal is not more entries: it is better decisions, tested in context.

01 BEFORE THE SESSION

Choose a focus

Open Actions and revisit your next action and its saved review. For your first session, choose one behaviour or coaching problem to observe.

Ask: What will I try, and what evidence would show it helped?

Expertise link: directs attention to relevant cues rather than general impressions.

02 AFTER THE SESSION

Choose your review

Use Reflect for training or performance, Matchday for a game, or Delivery for coaching. Set the context and record specific events.

Separate what you observed from what you assumed. Use written notes or voice evidence.

Expertise link: makes experience available for deliberate examination.

03 DURING THE REVIEW

Question the evidence

Describe what worked, what needs to change and how emotions influenced decisions. Identify one useful lesson.

Ask: Why might this have happened? What else could explain it? What would an athlete or colleague say?

Expertise link: challenges habits and broadens the options you consider.

04 FINISH THE REVIEW

Make one decision

Complete all five parts: what to repeat, what to change, your next action, when you will do it, and the success signal.

Be observable: replace “communicate better” with a specific behaviour you can test.

Expertise link: turns an interpretation into a testable plan.

05 IN THE NEXT SESSION

Act and gather evidence

Use Actions to follow through. Try the planned adjustment and observe the success signal in the real session.

Gather feedback or simple observations outside the app, then capture them in your next review.

Expertise link: checks whether the idea fits the athletes, task and environment.

06 AT THE NEXT REVIEW

Evaluate and adapt

Review your last decision: follow-through, observed evidence, and whether it was effective, ineffective or still in progress.

Revisit saved reviews and use Progress / Accountability to inspect decisions and actions. Repeat, adapt or stop the approach.

Expertise link: builds a revisable understanding of what works, for whom and when.

Keep the loop moving: focus → record → question → decide → test → review → refocus

PUT THE ROADMAP INTO PRACTICE

One small experiment. A clearer next decision.

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PRACTICE IN ACTION

Illustrative football-coaching example — not a reported result. Apply the same process to your sport and role.

THE COACHING PROBLEM

Players wait for instructions after losing possession.

In a Delivery review, record the moment and consider alternatives: unclear roles, task difficulty, fatigue or too much coach direction.

REPEAT	Keep the small-sided transition game.
CHANGE	Replace immediate instructions with one agreed cue.
NEXT ACTION	Agree the cue with players and test it in two game blocks.
WHEN	At the next training session.
SUCCESS SIGNAL	In a sample of five turnovers, players reorganise without another coach instruction at least three times.

CLOSE THE LOOP

At the next review, compare the evidence with the signal you set. Record follow-through and effectiveness separately.

If it helped, test again in a different context. If not, question the explanation and change one thing.

BUILD A HABIT — NOT A SCORE

After each session: record one meaningful event and make one decision.
Before the next: revisit that decision.
Each week: compare reviews and look for repeated patterns, exceptions and untested assumptions.

Suggested routine, not an app reminder or a validated training dose.

How this can support expertise

Praxis structures the record–decision–review process. Over time, repeated testing can support awareness of your own thinking, context-sensitive judgement and learning from experience.

The app does not establish expertise or verify your conclusions. Action completion and review counts are not proof of improvement. Combine reflection with quality practice, athlete feedback, peer challenge and observation.

Research basis & limits

Gilbert & Trudel (2001): reflection in learning to coach through experience. Qualitative study.

Côté & Gilbert (2009): expertise integrates coaching knowledge, athlete outcomes and context. Conceptual synthesis.

Nash & Collins (2024): reflective practice and coaching creativity. Small qualitative intervention follow-up.

These studies do not test Praxis or show that reflection alone causes expertise.