

Action-Outcome Template

Sport / Skill Focus: _____

1. Define the Action Goal

Clarify what you want to make happen — the intended result, not how you'll move.

Prompts:

- What effect do I want to create?
- What do I want the ball / board / movement / opponent to do?
- What tactical advantage am I trying to create?

Action Goal:

2. Execute and Observe

Play the game, not the drill. After each attempt, note what actually happened — focus on results, not form.

Prompts:

- What did I notice?
- Did I get the result I intended?
- Am I in the “make it work” phase or the “refine it” phase?

Observations:

3. Decode the Feedback

What did the result tell me? Was my perception off? My decision? My execution?

Feedback Analysis:

4. Plan the Adjustment

What one change can I make next time to move closer to my action goal?

Adjustment / Next Action:
