

WRITTEN INSTRUCTIONS

TRANSLATING AN IEP ACCOMMODATION TO THE FIELD

WHAT DOES THIS ACCOMMODATION MEAN?

Some athletes learn and remember information better when they can see it instead of only hearing it.

Written instructions give athletes something they can go back to after the coach has finished talking.

The goal isn't to replace coaching.

It's to give athletes another way to access your instruction.

WHAT MIGHT THIS LOOK LIKE ON THE FIELD?

Instead of relying only on verbal directions...

Try giving athletes:

- A drill card
- A simplified play sheet
- A practice checklist
- Position responsibilities
- A walkthrough script
- A whiteboard diagram

5 COACHING TIPS

1

Keep it short.

Athletes don't need paragraphs.

Use:

- Bullet points
- Keywords
- Checklists
- Simple language

If it can't be read in 30 seconds... it's probably too much.

2

Pair words with visuals.

Don't just hand out a sheet.

Explain it. Draw it. Demonstrate it. Then let athletes practice it.

The more ways an athlete can access the information... the more likely they'll retain it.

3

Give athletes something to reference.

Instead of repeating directions five times...

Create something they can quickly look back at.

Examples:

- Wristband
- Drill card
- Practice board
- Play sheet
- Locker checklist

4

Use written reminders.

Written instruction isn't only for learning. It can also help athletes remember.

Examples:

- Water
- Mouthguard
- Cleats
- Jersey
- Practice schedule
- Equipment

A simple checklist can prevent unnecessary mistakes.

5

Keep it consistent.

If you always organize information the same way...

Athletes spend less energy figuring out the format and more energy learning.

Consistency builds confidence.

REMEMBER

Written instructions don't lower expectations. They improve access.

Athletes still have to learn the skill. You're simply giving them another pathway to understand it.

ACCOMMODATIONS TO THE FIELD

Every athlete learns differently. Every athlete deserves great coaching.