SACTOWN SPORTS / SEL LESSON 20

Responding to Mistakes



2-5 minutes | Grades K-8

Coach cue	A mistake gives you information. Find one thing to adjust, then give yourself another rep.
Game scenario	Your pass gets intercepted after you looked at the receiver the entire time.
Try it	Replay the decision at walking speed. Notice where the defender moved, choose one adjustment, and try it again.
Huddle question	What did the mistake teach you about what to look for next time?

Player check-in

Read each question aloud. Have players vote A, B, or C.

1. **Your pass is intercepted. What can you learn from?**
   - **A.** Whether the crowd thinks it was embarrassing
   - **B.** Where the defender was and what they saw
   - **C.** Which teammate you can blame

2. **What helps you apply a lesson from a mistake?**
   - **A.** Choose one adjustment and try another rep
   - **B.** Change everything at the same time
   - **C.** Avoid the drill from now on

3. **You dropped a pass. What's one useful thing to ask?**
   - **A.** Who can I blame?
   - **B.** Should I stop asking for the ball?
   - **C.** Were my hands ready before it arrived?

4. **A teammate makes the same mistake twice. What could you say?**
   - **A.** Don't try it again today
   - **B.** Try one adjustment on the next rep
   - **C.** You always do that wrong

Ask the team	Make up a mistake and describe one adjustment you'd try.
At home	Tell each other about something you figured out because the first try went wrong.

Coach answer key **1. B** **2. A** **3. C** **4. B**

One takeaway for our next practice _____