

**Using instant video replay or a team 'Clap-In' culture to instantly reward and elevate the social status of an 'antifragile' hustle play.**



### PHASE 1: Communicating With Your Team

Set the stage for immediate, in-drill feedback and correction.



**The 'Call-It-In-Real-Time' Standard:** Inform players that feedback will occur immediately during reps rather than waiting for film sessions or water breaks.



**Micro-Praise Phrases:** Use short, 2-word verbal cues during live play (e.g., "Great recovery!" or "Perfect seal!") so players immediately connect the action to the approval.

5-second



**The Instant Reset Rule:** Tell players that if an execution error occurs, the coaching staff will stop the drill immediately, give a 5-second correction, and replay the exact rep.



### PHASE 2: Drills & On-Court Actions

Integrate immediate feedback tools into the practical flow of practice.



1

• **The 'Instant Replay' iPad Station:** Set up a tablet on a tripod with a 5-second delay screen next to a **drill station** so players walk off the floor and instantly view their execution.



2

CLAP-IN

• **The Team 'Clap-In':** Require all players on the court and bench to instantly give two loud claps the second a teammate makes a high-effort 'antifragile' play, like diving for a loose ball.



3

FREEZE

• **Whistle-and-Freeze Shell Drill:** During defensive shell work, blow a quick whistle mid-possession to freeze all 10 players, providing an immediate visual audit of spacing and positioning.



### PHASE 3: Measure & Improve (Culture Building)

Develop habits that sustain and audit the immediate feedback loop.



• **Track Feedback-to-Correction Time:** Monitor how many seconds it takes for a player to implement a verbal correction on their next rep.



• **Empower Bench Captains:** Assign non-participating players during scrimmages to act as real-time feedback anchors for specific technical metrics.



• **End-of-Practice High-5 Audits:** Close every practice by reviewing 3 immediate feedback moments from the day where a quick adjustment led directly to success.



Communicate



Act



Measure



Improve