



COMPETITIVE CAULDRON

The Competitive Cauldron is the most effective way to create a healthy competitive culture regardless of sport, age or level. It has the potential to achieve 3 things for your practice environment:

- Raise Engagement
- Increase Competition
- Gather Objective Data on Performance

Access to Your File Competitive Cauldron

- Each program will be granted access to their own Competitive Cauldron

Step 1: Start Tracking Winners and Losers in Practice

- Plan: Practice Plan [Includes Match-Ups](#)
- Reporter: Winner Immediately Reports
- Tracker: HC, AC, Manager, or Dry Erase Board
 - Report on [Practice Plan](#), Dry Erase Board, or Practice Template Page
- Helpful Rules for Team
 - Arguing on score results in a loss for both teams
 - Win must be reported immediately before moving on to next game
 - Call out scores after point is scored

Step 2: Define and Weight Categories to Track



Setting Up Your File

- Enter Names on Master Sheet
- Enter the Names of Your Categories on Master Sheet (Up to 7)
- Enter the Weights for Your Categories on Instructions Sheet

Step 3: Record Each Week in Cauldron Excel File

Recording in Excel File

- Enter the Wins & Losses for the Week
- Wins & Losses Will Update Across the File

Step 4: Review Data and Make Any Adjustments

Make Adjustments as Necessary

- Review Inconsistencies in Cauldron Rankings & Staff Rankings
- Adjust Category Weights to Reflect True Value
- Identify Areas You May Need More Data

Step 5: Share Results with Players/ Team

Sharing Results

- Need Large Sample Size
- Try in Off-Season
- Avoid Rewards or Huge Emphasis
 - If you do, reward players who show 1) progress & 2) right behaviors



- Posting Options
 - Group Chat
 - On Practice Court/Field
 - Locker-Room
 - Keep Private
- Playing Time Conversations

Step __: Communicate the What, Why, and How to the Team

- Explain
 - What You are Doing
 - Why You are Doing It
 - How You are Doing It
- Core Principles of Competition
 - Compétere: (Latin) Strive Together for Excellence
 - Compete Don't Compare
- Establish Standards of Competition
 - Unacceptable/ Acceptable Behaviors
 - Supporting Teammates Who Struggle

Some Things to Consider

- Increasing the number of games in your practice
- Varying matchups
- Learning zones versus performance zones
- Weekly, sean, and specific timeframe rankings
- Resetting cauldron mid-season



- Supporting players at the bottom
- Impact on lineup
- Sharing with parents

More Reading

- *Drive* by Daniel Pink
- *Training Soccer Champions* by Anson Dorrance
- *Win Forever* by Pete Carroll
- *The Constraints Led Approach* by Ian Renshaw