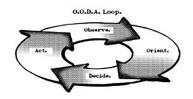
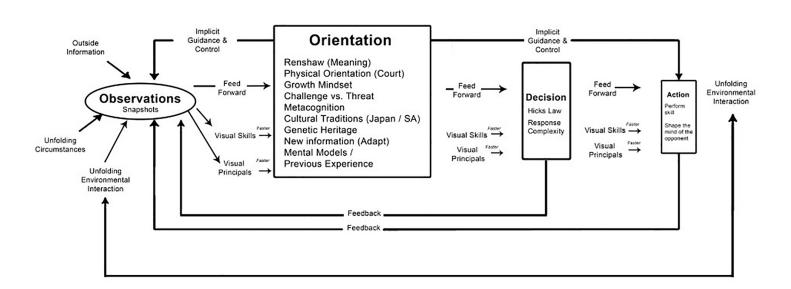
Modern Sports / Volleyball Coaching Blueprint - OODA and AVCEX LOOP

Human reaction time is defined as the time elapsing between the onset of a stimulus and the onset of a response to that stimulus. The O.O.D.A. Loop, which stands for Observe, Orient, Decide and Act, is Boyd's way of explaining how we go through the process of reacting to stimulus.







AVCEX Loop INCUDES 4 KEY STEPS

- 1. ANALYZE-THIS IS THE "INITIAL" OBSERVATION STAGE
- 2. VISUAL THINKING—THIS INCORPORATES ORIENTATION AND A DECISION THAT RESULS IN A
- 2. VISUAL THINKING—THIS INCORPORATES ORIENTATION AND A DECISION THAT RESULS IN A COMMITED, VISUALIZED PATHWAY OF ACTION.

 3. CENTER—LETTING ANALYSIS AND VISUAL THINKING (OBSERVATION, ORIENTATION, DECISION) GO—AND CONCENTRATING TOTALLY IN THE "HERE AND NOW" (TYPICALLY THE BALL) 4. EXECUTION OF ACTIONS BY LETTING THEM HAPPEN AND NOT MAKING THEM HAPPEN.

"Any man facing a major decision / stimuli acts, consciously or otherwise, upon the training and beliefs of a lifetime. Orientation is the schwerpunkt. It shapes the way we interact with the environment - hence orientation shapes the way we observe, the way we decide, and the way we act."

– John Boyd. (The Schwerpunkt -the center of gravity or point of maximum effort!)