



LEARNING LOOP

SPRINT PLANNING FROM BACKLOG TO SHARED DIRECTION

[60] MIN TRAINING



Learning objective

Understand the purpose of Sprint Planning and how the Scrum Team collaboratively creates a valuable Sprint Goal and an initial plan for achieving it.

What makes a Sprint feel achievable?

- 1 Reflect individually and make a note for yourself

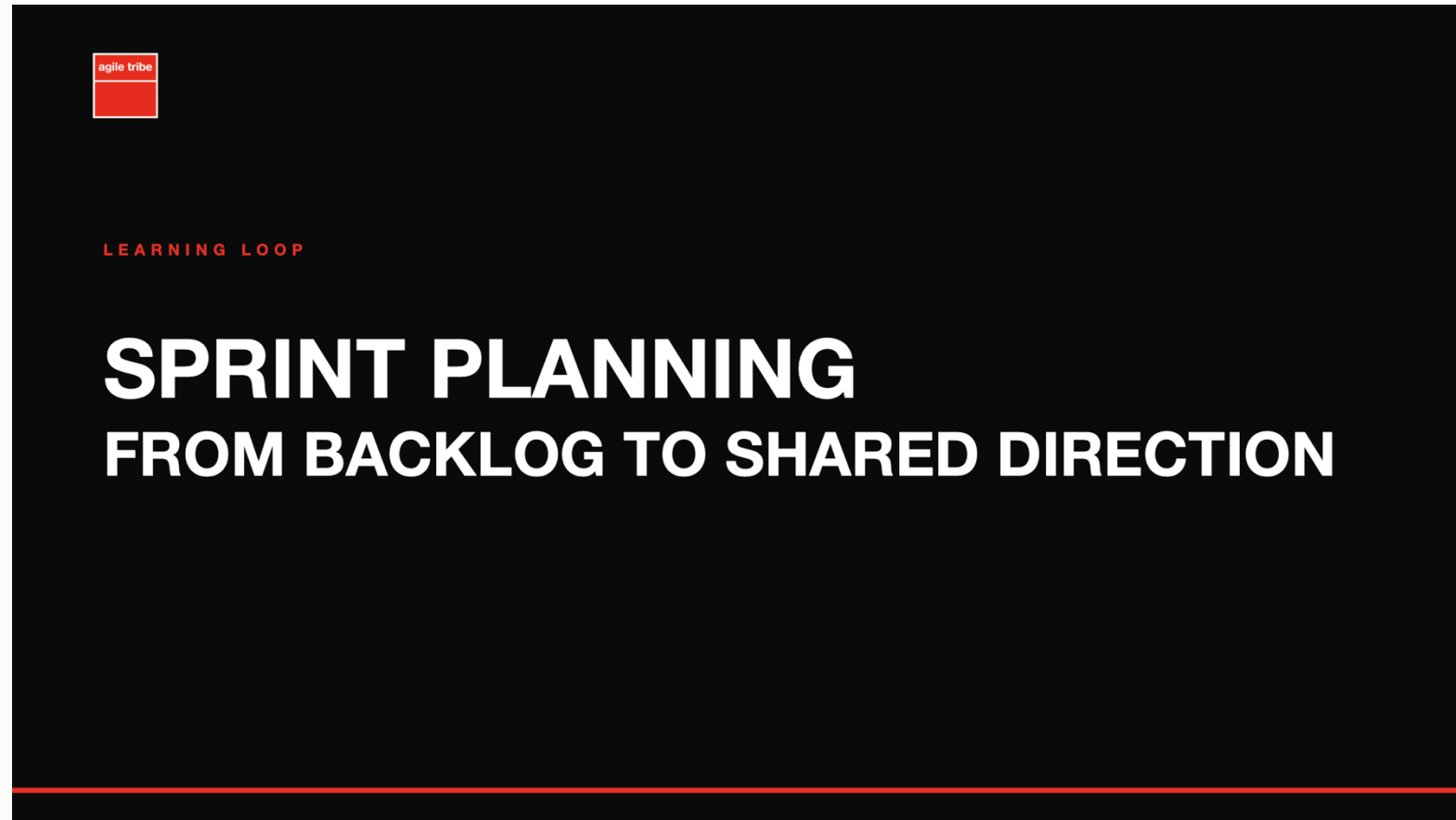
WRITE
[3] min

SHARE
[3] min

- 2 Be prepared to share in the big group

C o n c e p t

CONCEPT VIDEO



R U N T I M E

[5] min

[LINK TO YOUTUBE](#)

Exercise

DESIGN THE SPRINT

YOUR CHALLENGE

Your team is about to start a new Sprint. There is more valuable work available than you can sensibly take on, and not everything points in the same direction.

Create a Sprint worth doing.

Your group must produce three things:

- ☐ **WHY:** One clear Sprint Goal.
- ☐ **WHAT:** The Product Backlog Items you believe belong in this Sprint.
- ☐ **HOW:** A simple initial plan for how the team will get started.

Product Goal: Make it easy for customers to find, book and manage services online without needing support.

Be prepared to explain why your Sprint makes sense - not just how much work you selected.

BRIEF
[5] min

EXERCISE
[20] min

SHARE
[5] min

EXERCISE STEPS

- 1 Split into groups of 2–4.
- 2 Read the Product Goal, team situation and backlog.
- 3 Discuss possible Sprint outcomes. Decide what would make this Sprint valuable.
- 4 Select Product Backlog Items that support that direction and are realistically achievable.
- 5 Create an initial plan: where will you start, what needs collaboration, and what uncertainty
- 6 Prepare your explanation.

PRODUCT BACKLOG

PRIORITY	↑↓	PRODUCT BACKLOG ITEM	SIZE / UNCERTAINTY	NOTES
1		Complete online payment Required for end-to-end booking	5 High uncertainty	Depends on an external service the team has not used before.
2		Booking confirmation Makes successful booking clear	3	Makes successful booking clear
3		Mobile booking flow Strong customer demand	5	High impact for customers
4		Cancellation flow Reduces support contacts	5	Improves customer experience and reduces cost
5		Saved payment methods Convenience improvement	5	Improves user experience
6		Booking history Useful self-service feature	3	Important for returning users
7		Usage analytics Helps future decisions	2	Nice to have for learning and product decisions
8		Visual polish Improves consistency	3	Enhances look and feel

YOUR TEAM

DEVELOPERS

You have 4 developers. 1 developer will be unavailable for 2 days

VELOCITY

The team have roughly delivered 16-20 points in recent Sprints.

UNCERTAINTY

When planning for the sprint, make sure to take uncertainty under consideration

Conclusion

YOU HAVE NOW LEARNED

— START WITH VALUE

Create a Sprint Goal that gives the Sprint purpose and direction.

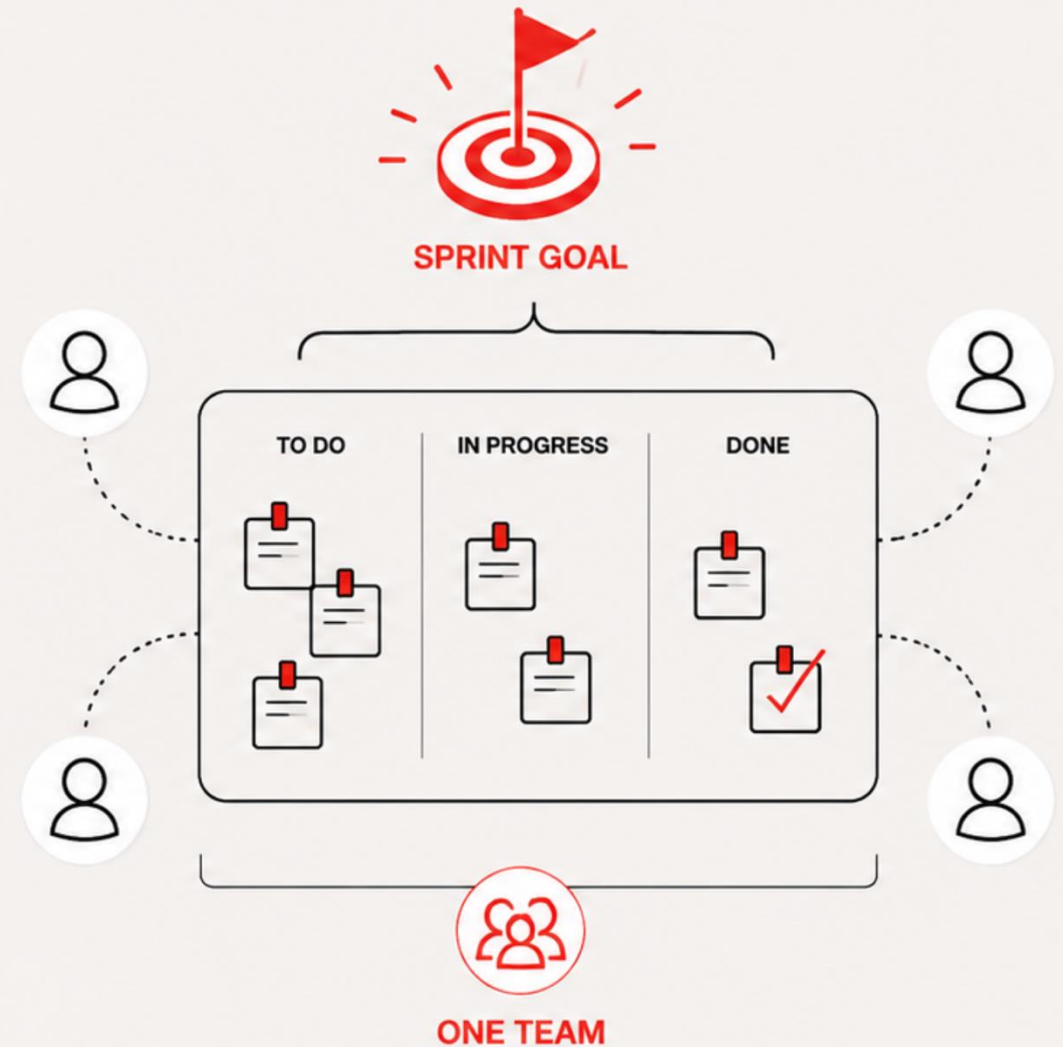
— CHOOSE WORK WITH PURPOSE

Select work that supports the goal and reflects what is realistically achievable.

— CREATE THE PLAN TOGETHER

Leave Sprint Planning with shared direction and enough of a plan to get started.

Sprint Planning creates direction - not certainty



TRY ONE CHANGE IN YOUR NEXT SPRINT PLANNING

TAKE IT BACK TO THE TEAM

Choose **one** thing to experiment with:

- Start by discussing why the Sprint should be valuable before selecting work.
- Write the Sprint Goal before trying to fill available capacity.
- Ask what you should deliberately leave out.
- Use past performance and current availability as evidence - not as a quota.
- Finish by checking that everyone understands the Sprint Goal and the initial plan.

Try the change in your next Sprint Planning. Notice what changes in the quality of the conversation and the team's confidence.

READ MORE

[The Scrum Guide — Schwaber & Sutherland](#)

[Sprint planning - Atlassian](#)

[The Sprint Goal: What It Is and How It Can Help — Mountain Goat Software](#)

[Velocity-Driven Sprint Planning — Mountain Goat Software](#)

[Sprint Planning Meeting: Why It's Critical for Agile Success — Scrum Alliance](#)



Evaluation

TRAINING EVALUATION SURVEY

Thank you for joining. Your feedback helps us improve future sessions — it takes less than 5 minutes

[Agile Tribe Learning Loop evaluation survey](#)

