Sprint Planning for Faster Agile Team Delivery

Provider: University of Maryland (edX, Agile Project Management series)
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Overview

This course showed how sprint planning accelerates value delivery in Agile projects. It emphasized speed, scope management, prioritization, and tools like timeboxing, Kanban, and buffering. Case studies highlighted how Agile planning improves throughput compared to traditional scheduling.

Key Topics Covered

- Why speed matters: timing, market impacts, ROI of capabilities

- Pareto principle and Double Pareto for prioritization

- Rolling wave planning and scope targeting

- Kanban boards to manage and limit work-in-progress (WIP)

- Timeboxing to improve flow and avoid bottlenecks

- Buffering to guarantee on-time delivery

- Comparison with traditional scheduling (IMS, EVM)

- Design thinking, customer development, and value mapping

Practical Applications

- Using Pareto analysis to prioritize high-value features

- Applying Kanban and WIP limits to increase delivery speed

- Structuring sprints with timeboxing to reduce delays

- Building Agile plans that adapt to market timing and value

- Aligning work with customer needs through value targeting

Personal Reflection

This course reinforced how sprint planning and prioritization drive faster value delivery. I learned to use Agile planning tools like Kanban, timeboxing, and buffering to achieve measurable improvements in speed and outcomes.