

PRACTICE PLANNING & EVALUATION

COACHES: Use this exercise to acquaint players with the need to come to practice with the proper mind set and energy level, “ready” to practice. Although this will eventually be a mental exercise, it might be helpful in the early stages to walk the players through the questions and even have them write out the answers.

PART 1. PLANNING

1. What specific goals do you have for this practice? Consider weak areas, new skills, strategies, special techniques, workloads, focus etc. If uncertain, see a coach.

GOALS _____

2. What is your level of readiness for this practice?

Energy	Low	1 2 3 4 5 6 7 8 9 10	High
Positiveness		1 2 3 4 5 6 7 8 9 10	
Task Focus		1 2 3 4 5 6 7 8 9 10	

3. What level would you consider ideal for you?
4. What do you need to do to improve your readiness?

PART 2. EVALUATION

5. Rate your overall performance in this practice.

Poor 1 2 3 4 5 6 7 8 9 10 Outstanding

6. What were you thinking, saying or doing before and during the practice, that might have affected your performance?

THINKING

SAYING

DOING

7. To what degree did you achieve your specific goals in this practice?
8. Were you able to maintain your task focus, enthusiasm and energy level throughout the practice? If not, why not?
9. What adjustments would you like to make to improve your preparation and/or performance in the next practice?

ADJUSTMENTS

10. What would you like the coach(s) to do differently to help you perform better next time?