

PRACTICE REFLECTION

PREPARED BY COACH BOURGASE

NAME:

DATE:

WHAT DID YOU DO THIS WEEK TO IMPROVE?

Mon	Tue	Wed	Thu	Fri	Sat	Sun	
RATE YOUR EFFORT			5	4	3	2	1
Plays hard, every play • Self-motivated • Encourages team-mates • Goes the extra inch in drills			<input type="checkbox"/> Excellent	<input type="checkbox"/> Superior	<input type="checkbox"/> Good	<input type="checkbox"/> Needs Improvement	<input type="checkbox"/> Poor

TEAM POINTS OF EMPHASIS

	5	4	3	2	1
RATE YOUR EFFORT					
Mindful of foci throughout week • Listens attentively • Provides constructive criticism to others	<input type="checkbox"/> Excellent	<input type="checkbox"/> Superior	<input type="checkbox"/> Good	<input type="checkbox"/> Needs Improvement	<input type="checkbox"/> Poor

WHAT WAS YOUR PERSONAL FOCUS THIS WEEK?



	5	4	3	2	1
RATE YOUR PROGRESS					
Sets measurable goals • Works outside of practice • Asks for feedback • Improves daily	<input type="checkbox"/> Excellent	<input type="checkbox"/> Superior	<input type="checkbox"/> Good	<input type="checkbox"/> Needs Improvement	<input type="checkbox"/> Poor

COACHING STAFF COMMENTS:

WHAT WILL YOU DO NEXT WEEK TO IMPROVE?

IMPROVEMENT TARGET	ACTION PLAN
	1
	2

HOW CAN THE COACHES HELP YOU IN THIS AREA?

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