

NAME:

DAY:

DATE: COACH: MORNING HEART RATE: VENUE: 

SESSION: SQUAD / INDIVIDUAL

PRE-TRAINING

Overall whole-body muscle soreness* 10=very sore - 1=not at all	1	2	3	4	5	6	7	8	9	10
When you woke up this morning how tired did you feel?10=very - 1=not at all	1	2	3	4	5	6	7	8	9	10
SLEEP - How do you rate your sleep quality last night? 10=great	1	2	3	4	5	6	7	8	9	10
MOOD -how I feel? [1=naff 10=super]	1	2	3	4	5	6	7	8	9	10
PREPARATION [food/rest/goals]	1	2	3	4	5	6	7	8	9	10
MOTIVATION to have an high intensity session	1	2	3	4	5	6	7	8	9	10
CONFIDENCE to make improvement today	1	2	3	4	5	6	7	8	9	10
ENERGY LEVEL before session	1	2	3	4	5	6	7	8	9	10
ATTITUDE going into session	1	2	3	4	5	6	7	8	9	10
WILLINGNESS TO TAKE RESPONSIBILITY for my performance	1	2	3	4	5	6	7	8	9	10
WILLINGNESS TO GO BEYOND MY COMFORT ZONE	1	2	3	4	5	6	7	8	9	10
WILLING TO MAXIMISE OTHER PLAYERS' SESSION	1	2	3	4	5	6	7	8	9	10

PRIMARY GOAL FOR TODAY

GOAL ACHIEVEMENT - YES / NO EXPLAIN BELOW:

POST-TRAINING

PSYCHOLOGICAL GAME (attitude / responses / mindset)	1	2	3	4	5	6	7	8	9	10
PHYSICAL GAME (footwork / energy / endurance)	1	2	3	4	5	6	7	8	9	10
TECHNICAL GAME (specifics I'm working on)	1	2	3	4	5	6	7	8	9	10
TACTICAL GAME	1	2	3	4	5	6	7	8	9	10
PRIDE (Personal responsibility in session)	1	2	3	4	5	6	7	8	9	10
WARM: work rate/attitude/acceptance/response	1	2	3	4	5	6	7	8	9	10
ROUTINES (developing and using my routines)	1	2	3	4	5	6	7	8	9	10
MAKING THINGS BETTER when they were not going great	1	2	3	4	5	6	7	8	9	10

WHAT I WORKED ON TODAY

OVERALL THOUGHTS ON SESSION: give some detail to explain your thoughts

WHAT CAN I DO TO IMPROVE THE NEXT SESSION?

MARKS OUT OF 10 FOR SESSION /10

GENERAL DAY COMMENTS

GENERAL DAY

POSITIVES THAT HAPPENED TODAY