

BTA EFFECTIVE PRACTICE SHEET

Name:

Date:

Time:

What I want to do and improve in this session:

Totally forgot about it TF	Unhappy with my commitment UC	Just OK OK	Have improved HI	PBI PB	
1.			TF UC OK HI PB		
2.			TF UC OK HI PB		
3.			TF UC OK HI PB		

Please circle the closest and most honest response in terms of how well you did the behaviours below in this particular session

1 = Not at all; 2 = Infrequently and/or poorly; 3 = Moderately well;
4 = Quite well and appropriately; 5 = Very well and at all appropriate times

	Behaviour	Not	Inf	Mod	QW	VW
1	How able were you to think clearly about what you were doing in the session?	1	2	3	4	5
2	How hard did you work physically in the session?	1	2	3	4	5
3	How well did you learn from your mistakes?	1	2	3	4	5
4	How well did you coach (think and work) yourself? For example: - awareness of what you were doing and how you could improve so that you changed yourself from ball-to-ball. - Your curiosity and desire to improve helps you to ask for help rather than waiting for the coach to tell you	1	2	3	4	5
5	How well did you do the things you committed to do?	1	2	3	4	5
6	How well did you put energy into the squad and the session?	1	2	3	4	5
7	How well did you support your team-mates when necessary?	1	2	3	4	5
8	How well did you train with/alongside your team-mates?	1	2	3	4	5

If say, you hit 100 balls in the session, how many do you think you wasted by not thinking clearly or trying really hard to get into the right position with your feet?

/100

I used my signature strengths in the following ways:

