



# PRACTICE REFLECTION

| DATE/TIME |
|-----------|
|           |

| LOCATION |
|----------|
|          |

| DAILY AFFIRMATION/MANTRA |
|--------------------------|
|                          |

|   | GOALS FOR THIS PRACTICE ARE? | ACHIEVED? |
|---|------------------------------|-----------|
| 1 |                              |           |
| 2 |                              |           |

| PRE-PRACTICE NOTES |
|--------------------|
|                    |

| PRACTICE RATINGS (TEAM) |   |   |   |   |   |   |   |   |   |    |
|-------------------------|---|---|---|---|---|---|---|---|---|----|
| OVERALL TEAM            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| PREPAREDNESS            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| PHYSICAL EFFORT         | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| MENTAL FOCUS            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ATTITUDE                | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

| PRACTICE RATING (PERSONAL) |   |   |   |   |   |   |   |   |   |    |
|----------------------------|---|---|---|---|---|---|---|---|---|----|
| OVERALL PRACTICE           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| PREPAREDNESS               | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| PHYSICAL EFFORT            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| MENTAL FOCUS               | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ATTITUDE                   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

| VICTORIES IN TODAYS PRACTICE |  |
|------------------------------|--|
| 1                            |  |
| 2                            |  |
| 3                            |  |

| FOCUS POINTS FOR NEXT PRACTICE |  |
|--------------------------------|--|
| 1                              |  |
| 2                              |  |
| 3                              |  |

| FREE WRITE |
|------------|
|            |