

Name:
Date:

Goal Setting: 7-Day Player Plan

Weekly Performance Goal:

➤ List three physical strategies you will use to reach your goal:

- _____
- _____
- _____

➤ List three mental strategies you will use to reach your goal:

- _____
- _____
- _____

Post Evaluation

On a scale from 1-10, how well did you execute your goals for the past week? **(Circle one)**
(1= not at all, 10= executed all of my goals)

1 2 3 4 5 6 7 8 9 10

What can you do differently next week to execute your goals more efficiently?
