What can I rely on now?

With your coach, look at what showed you this is getting better. Include hand fighting and throws in Neutral. Download or use the companion: athleteperformancepress.com/journal-pages/

L = learning | R = reliable in practice | M = reliable in matches

Position	Reliable now	Still building	Coach cue / next option
Neutral			
Bottom			
Top			
Situations			

THE POSITION I MOST WANT TO IMPROVE NEXT

WHAT WILL SHOW ME IT IS GETTING BETTER

COACH CONVERSATION

WHAT I WANT HELP WITH / PRACTICE OR MATCH EXAMPLE

WHAT MY COACH NOTICED OR EXPLAINED

THE ACTION WE AGREED ON

COACH

NEXT CHECK-IN