Situations

Practice score, time and opponent reactions with your coach. Download or use the companion: athleteperformancepress.com/journal-pages/

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

Mark	Position / attack	Coach's exact cue	If opponent does... / I do...
	Leading / short time		
	Trailing / short time		
	Near the edge		
	Restart in neutral		
	Restart on bottom		
	Restart on top		
	My situation:		

The situation I need to rehearse

Record the starting position, score, time and my first action.

My sketch or extra reminder