



Post-Season Review Worksheet

Season: _____

Make time to reflect on your overall performance throughout the season. Consider your strengths, areas of improvement, and any notable achievements or challenges you encountered. Consider whether your goals were realistic, measurable, and motivating, and identify any adjustments needed. Be as honest and objective as possible in your reflection and use this opportunity to gain valuable insights that will help you grow and excel.

What did you set out to achieve?

Reflect on your goal setting and progress towards achieving them.

What steps did you take to get there?

Evaluate and assess the effectiveness of your training regimen, skill development and preparation strategies.

How did your plan or strategy change as the season progressed?

Reflect on the lessons you gained from the season, including successes, setbacks, and areas for growth.

What worked? Why?

Assess your performance under pressure, decision-making abilities, and consistency throughout the season.

What steps need to be taken to make next season stronger?

Identify specific actions or strategies you can implement to improve your performance in the future.