



In-Season Planner

Season: _____

This living document is used as a guide for your in-season development. Consider your strengths, areas of improvement, and how your habits tie into where you want to play next year. Evaluate yourself with honesty and objectivity when reviewing, identifying, and adjusting your tactics as needed.

What are your goals for the season?

Reflect on where you want to go and how your performance this year will get you there.

What steps will you take to get there?

How will your training, diet, and mental preparation strategies impact your performance?

What are the skills, traits, and habits of those playing where you want to be?

Assess and evaluate your performance against those you emulate.

What three things will you focus on each game as part of your overall improvement?

Identify specific actions or strategies you can use to improve your continued performance.

Are you continually getting better?

Review and measure your performance every five games.