



Training Diary

Player Name: _____

Week Beginning Date:

This week I hope to achieve (list 2 or 3 targets for the week)

This week I plan to work on (list 2 or 3 specific areas of your game you will work on this week)

What did I do last week that helped me become a better player....

What did I do last week that I would like to do better this week.....

Training Log

In this section you will log what you have done each day, try to be specific with length of time, number of repetitions etc so you can track progress from week to week. Each day also make a note about how you FEEL you performed on that day.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Game Analysis

Try and watch one game a week (or part of it) to learn from watching high level players. When watching a game focus in on one or two players and look for what they do well.

Which game did I watch?

Which players did I watch?

What did they do well that I can take into my game? (list 3-5 things you observed that you could use in your game)

Reflection

In this section reflect on the past week and how you feel your training went and some things you could try and improve upon for next week.