

# Game/Practice Goals

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(Photocopy for each game/practice) Write down your mental, physical or technical goals for the upcoming game/practice and how you are going to achieve them. After the game/practice, record how it went for you, did you achieve your goal, did you achieve part of your goal?

## Goal(s):

Offense:

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Defense:

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Mental Training:

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## How am I going to achieve it (them)?:

Offense:

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Defense:

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Mental Training:

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## Results:

Offense:

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Defense

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Mental Training:

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