



WEEK 1 ACTION STEP TASK SHEET

MODULE 1 - GET FIRED UP CHECKLIST	
This week I have learn't:	
ACTION POINTS	
1. Complete the goal setting worksheet. Then, write a goal statement including your long term goal and the timeframe:	Goal statement My goal is to.... I will achieve this by (time frame)...
2. Using the 4 Core Pillars Action Plan worksheet write down ALL the things you need to do to achieve your goal. What will you focus on first?	
3. Complete Performance Profile (see below, then answer these): a) What's your total score (out of 125)? b) What did you notice about yourself?	a) Score out of 125: b) What did you notice about yourself:



<p>4. Learn a new skill or try something you haven't done before, write it here:</p>	
<p>5. Identify a role model What is it about them that inspires you?</p>	
<p>6. Commit to being accountable for your own performance by identifying any excuses that could hold you back:</p>	
<p>7. Get a hockey journal and start making daily notes/observations</p>	
<p>8. Complete the 12 month season plan Use this as an overview for your season. List any activity, games, training or tournaments you have over the next 12 months.</p>	<p>See worksheet below</p>
<p>9. Use the weekly objective planner to plan your schedule on a weekly basis You can use the 4 pillars sheet and 12 month plan as a guide (focus on one week at a time)</p>	<p>See worksheet below</p>



GOAL SETTING WORKSHEET

Date: _____

START HERE (long term first)	LONG TERM GOALS (3-10 years)
What is your long term BIG vision goal?	
When would you like to achieve it by?	
Why is this goal important to you?	
How will you measure and track your progress of this goal?	
What will it look like when you achieve these goals? Think of the visual image that comes to mind...	
How will it feel once you achieve these goals? Think of the emotion..	
How are you going to do it (what needs to happen)?	



	MEDIUM TERM GOALS (6-24 months)
What are your medium term goals?	
When would you like to achieve these by?	
Why are these goals important to you?	
How will you measure and track your progress for these goals?	
What will it look like when you achieve these goals? Think of the visual image that comes to mind...	
How will it feel once you achieve these goals? Think of the emotion..	
How are you going to do it (what needs to happen)?	



	SHORT TERM GOALS (1 - 5 months)
What are your short term goals?	
When would you like to achieve these by?	
Why are these goals important to you?	
How will you measure and track your progress for these goals?	
What will it look like when you achieve these goals? Think of the visual image that comes to mind...	
How will it feel once you achieve these goals? Think of the emotion..	
How are you going to do it (what needs to happen)? Use the 4 core pillars action sheet below to help you.	



4 PILLARS GOAL SPECIFIC ACTION PLAN

Below are the 4 major pillars you'll be assessed on. Use this template as a guide on what to focus on in your game. Write down all the things you need to improve within each of these categories and then rate them in order of priority, focussing on just one thing in each area at a time.

For example what will you work on first, then second, etc. Once you're happy with your progress on each you can tick it off and move onto the next one. Then keep updating it.

Priority	1. TECHNICAL SKILLS	Priority	2. TACTICAL
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
9		9	
10		10	
Priority	3. PHYSICAL & FITNESS	Priority	4. MENTAL
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
9		9	
10		10	



PERFORMANCE PROFILE

ASSESSING THE MENTAL GAME

Rate each of these statements from 1-5:

5 - Never / Strongly Disagree

4 - Occasionally / Disagree

3 - Fairly often / Neutral

2 - Very often / Agree

1 - Always / Strongly agree

Statement	Rating
1. I could put more effort into training sessions	
2. I find it difficult to push myself to consistently train at a high intensity	
3. Failures and setbacks cause me to lose motivation	
4. I don't play as well against weaker teams (compared to stronger teams)	
5. I struggle to motivate myself to train on my own (i.e. put things off)	
Total Score For Level of Motivation (out of 25)	
6. I tend to make silly mistakes, play it safe or hide away in big games	
7. I get very nervous and anxious before a game	
8. I do better in practice than I do in games	
9. I struggle to stay calm and composed under pressure	
10. I dread getting the ball in crucial moments (i.e taking flicks/shoot-outs)	
Total Score For Handling Pressure / Emotion (out of 25)	
11. I worry about making mistakes and expect to be perfect	
12. I am hard on myself when I mess up, dwelling on my mistakes	
13. If I start the game badly, it's hard for me to turn my game around	
14. When things don't go to plan, I tend to give up or quit	
15. I find it difficult to bounce back from setbacks (i.e. being dropped, injury, etc)	
Total Score For Resiliency (out of 25)	



Statement	Rating
16. Players or the coach shouting at me knocks me off my game	
17. I tend to get easily frustrated with things like bad umpiring	
18. What happened that day in my life affects how I play	
19. What others do or say can affect my performance	
20. I worry about letting my team or coach down	
Total Score For Focus (out of 25)	
21. Setbacks such as injury or being dropped affect my confidence	
22. I compare myself with others	
23. I worry about what others think of me	
24. I struggle with negative thoughts & question if I'm not good enough	
25. When other people doubt my ability, I lose confidence	
Total Score For Confidence (out of 25)	
Total Score (out of 125)	

From the exercise above make a note of your strengths and also some of the key areas that you can improve when it comes to your mental game.

My Strengths	Specific area's to improve



12 MONTH SEASON PLAN OVERVIEW

Aim: Use this sheet as a guide to plan out when you need to be at your best including key dates of trials, tournaments, in season vs break. You can then use this as a template to structure your training over the year so you don't burnout.

	Week 1	Week 2	Week 3	Week 4
January				
February				
March				
April				
May				
June				
July				
August				
September				
October				
November				
December				



WEEKLY OBJECTIVE PLANNER

Aim: Get into the habit of dedicating at least 20-30 mins per day to hockey. Use this worksheet to schedule goals & objectives for each week with what to focus on daily.

Date:	Objectives / Goals	Notes / Completed
Monday Time:		
Tuesday Time:		
Wednesday Time:		
Thursday Time:		
Friday Time:		
Saturday Time:		
Sunday Time:		
What did you do well this week?		
What you could do better next week?		