



Bernie practically invented the Help Defense.

Player Diary Help Page



- 1 - Unsatisfactory (not happy with performance)
- 2 - Average (how I normally perform)
- 3 - Achieved (above normal performance)
- 4 - Outstanding (well above my normal performance)
- 5 - Perfection (impossible to improve upon)**

*** You will note that we have listed a perfection rating (5), however haven't given you the opportunity to select this rating * the reasoning behind this is that although perfection should be strived towards, as a concept perfection is not achievable as perfection is continually progressing and changing.*

Enjoyment Level 1 2 3 4 * Reason: _____

Enjoyment Level: How much did you enjoy the session?

Preparation: Did you do your Individual Training Programme, did you fill out your player diary from previous practise, did you bring your player diary, did you come to the session with goals, did you arrive at practise on time, did you bring two drink bottles, did you bring a sweat towel, did you bring recovery food, did you bring a warm sweatshirt to wear after training these are all examples of preparation.

Motivational Level: How did you feel just prior to the training?

Effort Level: How much effort did you put into training?

Supportive of team mates: Did you help out your team mates if they appeared confused? Did you work hard and demand that your team mates worked hard, did you perform at your best at all times so that your team mates had to as well?

Communication: Did you talk on court on defence? Did you ask questions if you were confused?

Executed Goals: Did you achieve your goals that you set at the end of the previous training?

Key Learnings

What are three things that you learnt at training that you feel important to remember?

Goals for next session

The goals could relate to anything in regards to basketball, if you were unhappy that you forgot your drink bottles, preparation could be one of your goals for the next training. If one of your key learnings was lay-up footwork, left step then right step into a left-hand lay-up you can set this as a goal, by stating that you want to do the correct footwork – 85% of the time in the next session. If one of your key learnings is boxing out, you can set this as a goal, by stating you want to finish all drills by boxing out in the next training.