

In reviewing my Initial Data (Obs. Schedule) the following areas showed up as **strengths** in my performance:  
(this may be for the first half or three quarters of the game so state the time periods that it applies to.)

Physical Factors: Can be Fitness, Skill and Tactics
Mental Factors: (concentration, decision making, visualisation)
Social/ Emotional Factors: (communication, teamwork, motivation, anxiety, level of arousal, determination)

In reviewing my Initial Data (Obs. Schedule) and my Focused Data (Fitness Tests) the following areas showed up as **weaknesses** in my performance.

Physical Factors:
Mental Factors
Social & Emotional Factors:

<b>Performance Evaluation:</b> As a result of the above, the overall effect that it had on my performance was: ..... .....
Targets I have set for improvement are: 1] ..... 2] ..... 3] .....









MID TRAINING EVALUATION

Physical Aspects of Performance:

As a result of my ..... score improving from \_\_\_\_\_ to \_\_\_\_\_ this means \_\_\_\_\_

.....  
.....  
.....

As a result of my ..... Test score improving from \_\_\_\_\_ to \_\_\_\_\_ this means

.....  
.....

As a result of my ..... improving from \_\_\_\_\_ to \_\_\_\_\_ this means

.....  
.....

Social & Emotional Factors of Performance:

As a result of my LEVEL of AROUSAL improving from this means .....

.....  
.....  
.....

Mental Factors of Performance:

As a result of my DECISION MAKING improving from \_\_\_\_\_ to \_\_\_\_\_ I feel that \_\_\_\_\_

.....  
.....  
.....

Overall Evaluation after 4 weeks:

.....  
.....  
.....

Targets Set for Weeks 5-8:

- 1] \_\_\_\_\_
- 2] \_\_\_\_\_
- 3] \_\_\_\_\_











END TRAINING EVALUATION

Physical Aspects of Performance:

As a result of my ..... score improving from \_\_\_\_\_ to \_\_\_\_\_ this means \_\_\_\_\_

.....  
.....  
.....  
.....

As a result of my ..... Test score improving from \_\_\_\_\_ to \_\_\_\_\_ this means

.....  
.....

As a result of my ..... improving from \_\_\_\_\_ to \_\_\_\_\_ this means

.....  
.....

Social & Emotional Factors of Performance:

As a result of my LEVEL of AROUSAL improving from this means .....

.....  
.....  
.....  
.....

Mental Factors of Performance:

As a result of my DECISION MAKING improving from \_\_\_\_\_ to \_\_\_\_\_ I feel that \_\_\_\_\_

.....  
.....  
.....  
.....

Overall Evaluation after 8 weeks:

.....  
.....  
.....

**FUTURE DEVELOPMENT NEEDS**

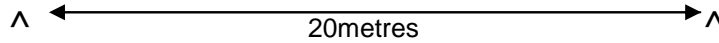
- 1] .....
- 2] .....
- 3] .....

# FITNESS TEST RESULTS

## Focused Level of Data

**Physical Fitness Aspects: Cardiorespiratory endurance**

Leger Test	Pre	Mid	End
Total Runs			
Norms Rating			
VO2 Max.			



105

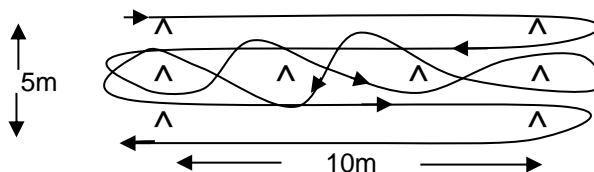
**Physical Fitness Aspects: Speed endurance**

6 x Sprints - 60s rest

Speed End. Runs	Pre	Mid	End
1st Sprint			
2nd Sprint			
3rd Sprint			
4th Sprint			
5th Sprint			
6th Sprint			

**Physical Fitness: Agility**

Illinois Agility Run	Pre	Mid	End
Best Time			
Norms Rating			



Aspect	Targets for Improvement	Mid Training	End Training	Evaluation
Physical: 1]				
2]				
3]				
Mental: 4]				
Emotional 5]				
Social 6]				