

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:

Performance Evaluation: 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]

BASKETBALL

TRAINING DIARY

Week One	Time: 10 mins	Targets:	Focus of devt.:	
Warm up:	Isolation Drill Lie on Back	10/10 back to hands	Set Shot: elbow al. Planning/Cog Stage	
Drill One	Time: 10 mins. Isolation Drill Chair Drill	Targets: Full arm ext./ ball above basket	Focus of devt. Set Shot: Arm ext. Planning/Cog Stage	
Drill Two	Time: 10 mins. Isolation Drill Wrist thru/ soft	Targets: backspin on every shot/ die on board	Focus of devt. Set Sh: Wrist thru Planning/Cog Stage	
Drill Three	Time: 10x2 mins. 10x10 Set Shots from free throw	Targets: 3/10 success every set	Focus of devt. Set Sh: Repetition Groove-Assoc. Stage	
Drill Four	Time: 4x5mins Lay Up - GBU Prog. Stages	Targets: 70% success on unopp. Lay ups	Focus of devt. Developing tech. & accuracy unopposed	
Cond. Game	Time: 4x5 mins Lay Up - GBU Unopp - Opposed	Targets: 50% success on Opp. Lay ups	Focus of devt. Developing tech. & accuracy opposed	
Warm Down				
Evaluation				
				Time: 90 mins.

Week Two	Time: 10 mins	Targets:	Focus of devt.:	
Warm Up	10 x 5 One Handed Set Shots	3/5 consecutive Set Shots	Set Shot tech. Planning/Cog Stage	
Drill One	Time: 3x5 mins. Chinese Drill Set Shots	Targets: 25% success Pressure Drill	Focus of devt. Set Shot tech. Practice/ Assoc.	
Drill Two	Time: 3x5 mins. Lay Up Line drill	Targets: 40% success Pressure Drill	Focus of devt. Set Shot tech. Practice/ Assoc.	
Drill Three	Time: 10x2 mins. 1 on 1's Pro/ Rel.	Targets: 30% success Opposed/ Pressure	Focus of devt. SS & LU consistency Practice/ Assoc.	
Drill Four	Time: 10 mins. Quick 6	Targets: 6/6 on shots	Focus of devt. Getting square on to the basket	
Cond. Game	Time: 10x2 mins 3v3 zone for unopp. SS & LU	Targets: 30% overall success in shots	Focus of devt. Shooting zones unopp. Assoc. - Auto.	
Warm Down				
Evaluation				
				Time: 90 mins.

Week Three	Time: 10 mins	Targets:	Focus of devt.:	
Warm up:	10 x 5 One Handed Set Shots	4/5 consecutive Set Shots	Set Shot tech. Planning/Cog Stage	
Drill One	Time: 3x5 mins. Chinese Drill Set Shots	Targets: 30% success Pressure Drill	Focus of devt. Set Shot tech. Practice/ Assoc.	
Drill Two	Time: 3x5 mins. Lay Up Line drill	Targets: 40% success Pressure Drill	Focus of devt. Lay Up tech. Practice/ Assoc.	
Drill Three	Time: 4x5 mins. in pairs - pass & chase Lay up drill	Targets: 30% + success Opposed/ Pressure	Focus of devt. Lay Up consistency Practice/ Assoc.	
Drill Four	Time: 10x2 mins. 2v2's Pro/ Rel.	Targets: 30% success Opposed/ Pressure	Focus of devt. SS & LU consistency Practice/ Assoc.	
Cond. Game	Time: 10x3 mins 3v3 miss a Lay Up stand off court.	Targets: 50% overall success in shots	Focus of devt. Shooting zones unopp. Assoc. - Auto.	
Warm Down				
Evaluation				
				Time: 90 mins.

Week Four	Time: 10 mins.	Targets:	Focus of devt.:	
Warm Up	10 x 5 One Handed Set Shots	5/5 consecutive Set Shots	Set Shot tech. Planning/Cog Stage	
Drill One	Time: 10 mins. Quick 6 Square on to hoop	Targets: 6/6 on shots consecutively	Focus of devt. Getting square on to the basket	
Drill Two	Time: 3x5 mins. 21 Up - 3 teams 1st to 21pts	Targets: in 15 shots 2pts Set Shot 1pt rebound	Focus of devt. Set Shot tech. under pressure	
Drill Three	Time: 3x5 mins. Lay Up Line drill 3 Line	Targets: 20/40 50% success Pressure Drill	Focus of devt. Lay Up tech. Practice/ Assoc.	
Drill Four	Time: 10x2 mins. 2v2's Pro/ Rel.	Targets: 30% success Opposed/ Pressure	Focus of devt. SS & LU consistency Practice/ Assoc.	
Cond. Game	Time: 7x3 mins 3v3 Prom/ Rel. League games	Targets: 50% overall success in shots	Focus of devt. Shooting zones unopp. Assoc. - Auto.	
Warm Down	Quantitative Data re-test following this week			
Evaluation				
				Time: 90 mins.

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 improving from _____ to _____ this means _____

Mental Factors of Performance:

As a result of my Visualisation Test score improving from _____ to _____ I feel that _____

Overall Evaluation after 4 weeks: _____

Targets Set for Weeks 5-8:

1] _____

2] _____

3] _____

Week Five	Time: 10 mins.	Targets:	Focus of devt. :	
Warm up:	10 x 5 One Handed Set Shots	5/5 consecutive Set Shots	Set Shot tech. Planning/Cog Stage	
Drill One	Time: 10 mins. Chinese Drill 2 teams - pressure	Targets: 50% success on total shots	Focus of devt. : Receive/shot pocket Square up & shoot	
Drill Two	Time: 10 mins. 3 passes - spin off & lay up.	Targets: 80% success on unopp. Lay up	Focus of devt. V cut/ spin off to basket 1-2 step/ head up	
Drill Three	Time: 10 mins. 3 man passing to 1/2 way - 2v1 att. Basket	Targets: 50% success Decision Making Opp. Lay up finish	Focus of devt. Read the play Practice to Auto	
Drill Four	Time: 10 mins 3 man weave cross court	Targets: 3 passes - 90% success in shots	Focus of devt. Fast pass & move Assoc. - Auto.	
Cond. Game	Time: 7x3 mins 3v3 Prom/ Rel. League games	Targets: 50% overall success in shots	Focus of devt. constant movement Assoc. - Auto.	
Cond. Game	Time: 4x5 mins 5v4 1/2 court man for man	Targets: 30% overall success in shots	Focus of devt. Create space to shoot Assoc. - Auto.	
Evaluation				
				Total Time:

Week Six	Time: 10 mins.	Targets:	Focus of devt. :	
Warm Up	10 x 5 One Handed Set Shots	5/5 consecutive Set Shots	Set Shot tech. Planning/Cog Stage	
Drill One	Time: 10 mins. 3 passes - spin off & lay up.	Targets: 80% success on unopp. Lay up	Focus of devt. V cut/ spin off to basket 1-2 step/ head up	
Drill Two	Time: 10 mins. Targets 3, 4, 5 consec. Shots	Targets: 50% min. Score at least 50% of attempts	Focus of devt. Shot Tech. Practice to Auto	
Drill Three	Time: 10 mins. Targets: R/L/Straight 5,6,7 Consec. Scores	Targets: 75% success Must score to succeed	Focus of devt. Shot Tech. Practice to Auto	
Drill Four	Time: 10 mins. 3 Shot team drill 4 teams LU/SS out	Targets: 75% min.	Focus of devt. Shot Tech. Auto. Stage	
Cond. Game	Time: 4x5 mins 5v5 1/2 court man for man	Targets: 30% overall success in shots	Focus of devt. Create space to shoot Assoc. - Auto.	
Warm Down				
Evaluation				
				Total Time:

Week Seven	Time:	Targets:	Focus of devt.:	
Warm up:	10 x 5 One Handed Set Shots	5/5 consecutive Set Shots	Set Shot tech. Planning/Cog Stage	
Drill One	Time: 10 mins. Quick 6 timed 60 secs to score amap	Targets: 75% min. Score at least 75% of shots	Focus of devt. Shot Tech. Practice to Auto	
Drill Two	Time: 10 mins. 2v0 Post Play Pass, pivot lay up	Targets: 100% Score 100% of shots	Focus of devt. Footwork, pivot to basket	
Drill Three	Time: 10 mins. 2v1 Post Play(passive defender)pass, pivot lay up	Targets: 75% min. Score at least 75% of shots	Focus of devt. Footwork, pivot to basket	
Drill Four	Time: 10 mins. 3v1 Post Play(active defender)pass, screen, lay up	Targets: 75% min. Score at least 75% of shots	Focus of devt. Legal screen, wait for it, space	
Cond. Game	Time: 4x5 mins 5v4 1/2 court Attack overload	Targets: 30% overall success in shots	Focus of devt. Create space to shoot Assoc. - Auto.	
Warm Down	Time:			
Evaluation				
				Total Time:

Week Eight	Time:	Targets:	Focus of devt.:	
Warm Up				
Drill One	Time:	Targets:	Focus of devt.	
Drill Two	Time:	Targets:	Focus of devt.	
Drill Three	Time:	Targets:	Focus of devt.	
Drill Four	Time:	Targets:	Focus of devt.	
Cond. Game	Time:	Targets:	Focus of devt.	
Warm Down	Time:			
Evaluation				
				Total Time:

END OF TRAINING EVALUATION

Physical Factors 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 improving from _____ to _____ this means _____

Mental Factors of Performance:

As a result of my Visualisation Test score improving from _____ to _____ I feel that _____

Overall Evaluation after 4 weeks:

Targets Set for Continued Devt: 1] _____

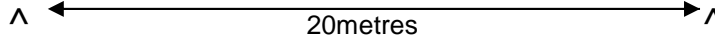
2] _____

FITNESS TEST RESULTS

Focused Level of Data

Physical Fitness Aspects: Cardiorespiratory endurance

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



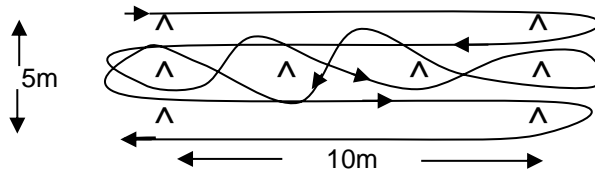
Physical Fitness Aspects: Speed endurance

6 x 30s Sprints - 60s rest

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

Skill Related Aspect: Agility

Illinois Agility Run	Pre	Mid	End
Best Time			
Norms Rating			



↓Mental Related Aspect: Concentration/ Visualisation

Penalty Visualisation	Pre	Mid	End
Scored			
On Target			
Off Target			

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