

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]

Week One	Time: 10 mins	Targets:	Focus of devt.:	
Warm up:	10xjump shots from side/front+10xlay ups	60% success on jump shot, 100% on lay ups	B.E.E.F.	
Drill One	Time: 5 mins. Full court zig zag dribble with lay up	Targets: Keep control of dribble	Focus of devt. Head up, bounce at waist height	
Drill Two	Time: 10 mins Full court zig zag dribble with passive defender	Targets: Keep control of dribble, away from defender	Focus of devt. Body between ball and defender	
Drill Three	Time: 10 mins. King of the ring' Prog. Stages	Targets: Keep control of dribble, away from defender	Focus of devt. Body between ball and defender	
Drill Four	Time: 10mins Run the Guantlet	Targets: Keep control of dribble, away from defender	Focus of devt. Body between ball and defender	
Cond. Game	Time: 10 mins. 3v3v3v3 full court 5v5 games Zone	Targets: 75% success lay ups Conc. On role in zone	Focus of devt. beat defender -score LU	
Warm Down				
Evaluation				
				Time: 4 x 50 mins.

OVERALL FOCUS OF WEEK: CONCENTRATION / DECISION MAKING

Week Two	Time: 10 mins	Targets:	Focus of devt.:	
Warm Up	10xjump shots from side/front+10xlay ups	60% success on jump shot, 100% on lay ups	B.E.E.F.	
Drill One	Time: 5 mins. 2v0 fast break drill	Targets: 75% success on lay ups	Focus of devt. 2 big steps, slow down steps, jump high	
Drill Two	Time: 5 mins. 3v0 fast break drill	Targets: 75% success on lay ups, decision making(dribbler)	Focus of devt. 2 big steps, slow down correct decision	
Drill Three	Time: 10 mins. 3v1 fast break drill passive defender	Targets: 75% success on lay ups, decision making(dribbler)	Focus of devt. 2 big steps, slow down correct decision	
Drill Four	Time: 10 mins. 3v2 fast break drill passive defender	Targets: 75% success on lay ups, decision making(dribbler)	Focus of devt. 2 big steps, slow down correct decision	
Cond. Game	Time: 10 mins 3v3v3v3 fast break game full court	Targets: 75% success on lay ups	Focus of devt. Dribble past defender to score lay up	
Warm Down				
Evaluation				
				Time: 50 mins.

OVERALL FOCUS OF WEEK: CONCENTRATION / DECISION MAKING / VISUALISATION

Week Three	Time: 10 mins	Targets:	Focus of devt.:	
Warm up:	10xjump shots from side/front+10xlay ups	60% success on jump shot, 100% on lay ups	B.E.E.F.	
Drill One	Time: 10 mins. 3v1 fast break drill passive defender	Targets: 75% success on lay ups, decision making(dribbler)	Focus of devt. 2 big steps, slow down correct decision	
Drill Two	Time: 10 mins. 3v2 fast break drill passive defender	Targets: 75% success on lay ups, decision making(dribbler)	Focus of devt. 2 big steps, slow down correct decision	
Drill Three	Time: 10 mins. 3 man weave up and back full court	Targets: 75% success on lay ups, ups	Focus of devt. 2 big steps, slow down steps, jump high	
Drill Four	Time: 20 mins. 3 man weave up and 2v1 going back	Targets: 75% success on lay ups, ups	Focus of devt. correct decision on 2v1	
Cond. Game	Time: 10 mins 3v3v3v3 fast break game full court	Targets: 75% success on lay ups	Focus of devt. Dribble past defender to score lay up	
Warm Down				
Evaluation				
				Time: 70 mins.

MID TRAINING EVALUATION

Physical Factors:	
Mental Factors	
Social & Emotional Factors:	
Targets Set for Weeks 3-6:	1] _____
	2] _____
	3] _____

OVERALL FOCUS OF WEEK: CONCENTRATION / DECISION MAKING / VISUALISATION

Week Four	Time: 10 mins.	Targets:	Focus of devt.:	
Warm Up	10xjump shots from side/front+10xlay ups	60% success on jump shot, 100% on lay ups	B.E.E.F.	
Drill One	Time: 10 mins. Run the Gauntlet	Targets: 75% success on lay ups, ups	Focus of devt. Beat defender on the dribble	
Drill Two	Time: 20 mins. 3 man weave up and 2v1 one going back	Targets: 75% success on lay ups, ups	Focus of devt. correct decision on 2v1	
Drill Three	Time: 10 mins 5 man weave up and back full court	Targets: 20/40 100% success on lay ups	Focus of devt. 2 big steps, slow down steps, jump high	
Drill Four	Time: 20 mins. 5 man weave up and 3v2 going back	Targets: 75% success on lay ups, ups	Focus of devt. correct decision on 2v1 (LOA/CON)	
Cond. Game	Time: 20 mins.mins 5v4 full court game 3 point for fast break score	Targets: 50% overall success in shots	Focus of devt. Fast break / decision making/LOA/concentration	
Warm Down	Quantitative Data re-test following this week			
Evaluation				
	Time: 90 mins.			

REFINING TEAM PLAY and TEAM DYNAMICS

PREPARING FOR THE WINTER CUP FINAL

Week Five	Time: 20 mins.	Targets:	Focus of devt.:	
Warm up:				
Match One	Time: 10 mins.	Targets:	Focus of devt.:	
Match Two	Time: 10 mins.	Targets:	Focus of devt.	
Match Three	Time: 10 mins.	Targets:	Focus of devt.	
Match Four	Time: 10 mins	Targets:	Focus of devt.	
Evaluation				
	Total Time:			

WEEK 5 + 6 IS GIVEN OVER TO TEAMS TO COMPLETE THEIR PREPARATIONS AND WORK ON GAME

PLANS & STRATEGIES IN PREPARATION FOR THE 'WINTER CUP FINAL'

MOTION OFFENCE IS DEVELOPED OVER THIS PERIOD TO STRUCTURE THE ATTACK SHOULD A FAST BREAK NOT BE AN OPTION OR WAS UNSUCCESSFUL.

Week Six	Time: 20 mins.	Targets:	Focus of devt.:	
Warm up:				
Match One	Time: 10 mins.	Targets:	Focus of devt.:	
Match Two	Time: 10 mins.	Targets:	Focus of devt.	
Match Three	Time: 10 mins.	Targets:	Focus of devt.	
Match Four	Time: 10 mins	Targets:	Focus of devt.	
Evaluation				
	Total Time:			

THE WINTER CUP FINAL

Match Order	Result	Match Evaluation
Match 1 .v.		
Match 2 .v.		
Match 3 .v.		
Match 4 .v.		
Match 5 .v.		

END OF TOURNAMENT EVALUATION

TEAM:

Personal:

END OF TRAINING EVALUATION

Physical Factors:

Mental Factors

Social & Emotional Factors:

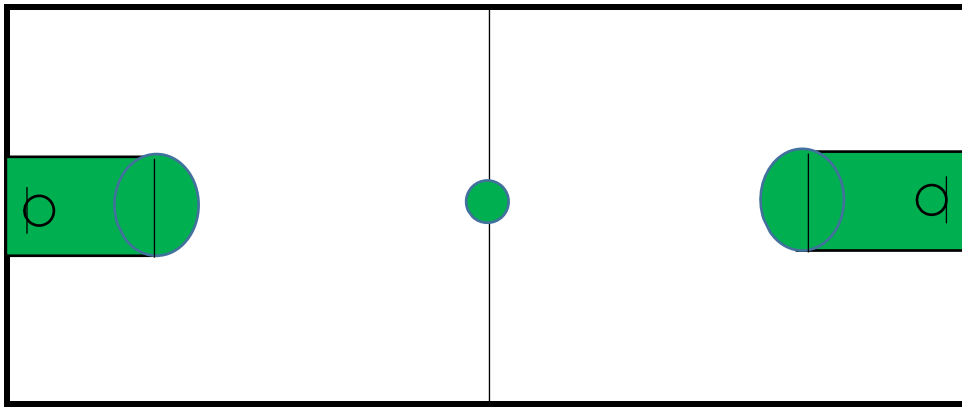
Targets Set for Future Development:

1]

2]

3]

Roles and Responsibilities in a Team Structure



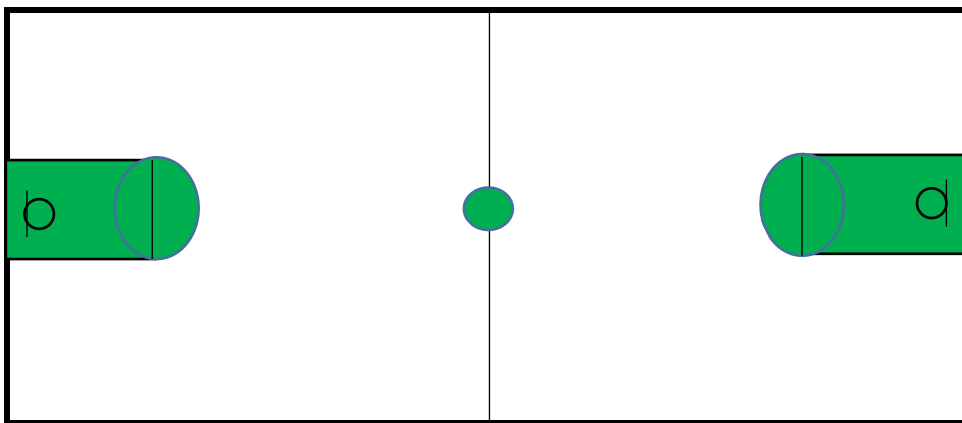
FAST
BREAK

Position:

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My Role in the Fast Break attack is, my Responsibility in this Role is

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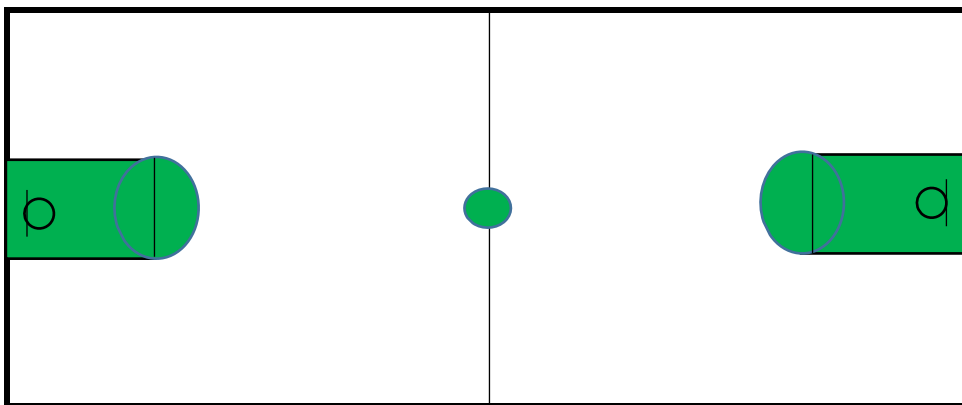
ZONE
DEFENCE

Position:

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My Role in the Zone Defence is, my Responsibility in this Role is ...

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MOTION
OFFENCE

Position:

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My Role in the Motion Offence attack is, my Responsibility in this Role is ...

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