RECORDS

Shooter Diary

Date: _____

Time:

Venue: _____ Match ___ Practice

Session Goal:

Outcome (*5* = average; 10 = perfect): 10 9 8 7 6 5 4 3 2 1 **Score** (actual score or, for practice, 5/10, etc.):

 Rate Overall Score (5 = shot average):

 10
 9
 8
 7
 6
 5
 4
 3
 2
 1

 Light: Good 10
 9
 8
 7
 6
 5
 4
 3
 2
 1
 Bad

 Background:
 Good 10
 9
 8
 7
 6
 5
 4
 3
 2
 1
 Bad

Conditions: Good 10 9 8 7 6 5 4 3 2 1 Bad

Target Ratings (*rate each target below**):

*Rate each problem target or target set 1-5 (1 = most important to goal; 5 = least important), then transfer the most important to the Analysis Section. Targets with the same problem can be grouped together.

Session Ratings (NOTE: If you computerize your ratings, you can use these later to track and sort areas needing improvement) Coach Present: Yes No Videotaped: Yes No Mental State (10 = best): 10 9 8 7 6 5 4 3 2 1 Technique: 10 9 8 7 6 5 4 3 2 1 Overall Performance: 10 9 8 7 6 5 4 3 2 1 Remarks:

Shooter Diary

ANALYSIS

Address each problem target or target set here. Give each a 1-10 rating for importance to your session and overall goal. Targets with the same problem can be grouped together. Any problem not part of your current goal should be briefly noted for future goal setting. (NOTE: If you give each problem target a label, you can use that later to computerize, track and sort areas of concern, etc.)

Main Problems: *List the top three problems here (prioritized) and outline a solution for each.*

Problem #1: _____

Problem #2: _____

Problem #3: _____

Plan: List solutions to focus on for your next shooting session, keeping in mind your overall and immediate goals.

Goal: Develop a single, focused goal for your next shooting session.

Changes to intermediate or long-term goals

(if none needed, leave blank):

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