



ANJON ATHLETICS PLAYER JOURNAL

ASSESS | DEVELOP | PROCESS | REFLECT | ELEVATE

Elevating
the Heart
the Intellect
the Will

ATHLETE NAME	DATE	DAYS SINCE LAST MATCH
SESSION NUMBER:	PROGRAM	COACH

TRAINING FOCUS CHECKLIST

CHECK ALL THE THEMES ADDRESSED DURING TODAY’S SESSION.

TECHNICAL FOUNDATIONS	MOVEMENT & MECHANICS	PERCEPTION & DECISION MAKING	BALL MASTERY & EXECUTION	CHARACTER & COMPETITIVE DEVELOPMENT
Body Shape	Center of Mass Management	Awareness	Angle of Exit	Composure
First Touch	Body Lean During Contact	Eye Height During Dribble	Pace of Exit	Grit
Back Foot Reception	Contact Timing	Attentional Shifting	Touches at Full Pace	Curiosity
Directional Receiving	Plant Foot Direction	Reading Environmental Cues		Relational Energy
Directional Juggling	Plant Foot Placement	Improvisation		Framing
Contact Accommodation	Follow-Through Lower Body	Problem Solving Efficiency		Undeterability
	Follow-Through Upper Body	Game Understanding		Coachability
	Balance			Drive
				Self-Coaching
				Love of the Game
PRIMARY FOCUS	PRIMARY FOCUS	PRIMARY FOCUS	PRIMARY FOCUS	PRIMARY FOCUS

ASSESS

What did I discover about myself today?

DEVELOP

What skill improved the most?

PROCESS

What challenged me today?

REFLECT

What lesson will I remember?

ELEVATE

What will I focus on before my next session?

HEART	WILL	INTELLECT
Accountability	Gratitude	Fear of Failure
Coachability	Growth Mindset	Fear of Mistakes
Confidence	Leadership	Pressure
Courage	Communication	Fatigue
Discipline	Love of the Game	Frustration
		Self Doubt
		Physical Challenge
		Competitive Challenge
		Consistency
		Risk Taking
		First Touch
		Transition Play
		Passing
		Pressing
		Scanning
		Defending
		Positioning
		Finishing
		Decision Making
		Creating Space

SESSION SCORES (SELECT YOUR SCORES)	COACH FEEDBACK
LEARNING	BRAD'S OBSERVATION
CONFIDENCE	HIGHEST RETURN FOCUS
EFFORT	HOME WORK NEXT STEP

