



ANJON ATHLETICS

THE TECHNICIAN

ASSESS | DEVELOP | PROCESS | REFLECT | ELEVATE

Elevating
the Heart
the Intellect
the Will

ATHLETE NAME	DATE	XP EARNED
SESSION NUMBER:	PROGRAM	COACH

TODAY'S TECHNICAL TARGET

Today's movement / skill:

Coach's primary cue:

One thing I want to understand today:

THE DETAIL DETECTIVE

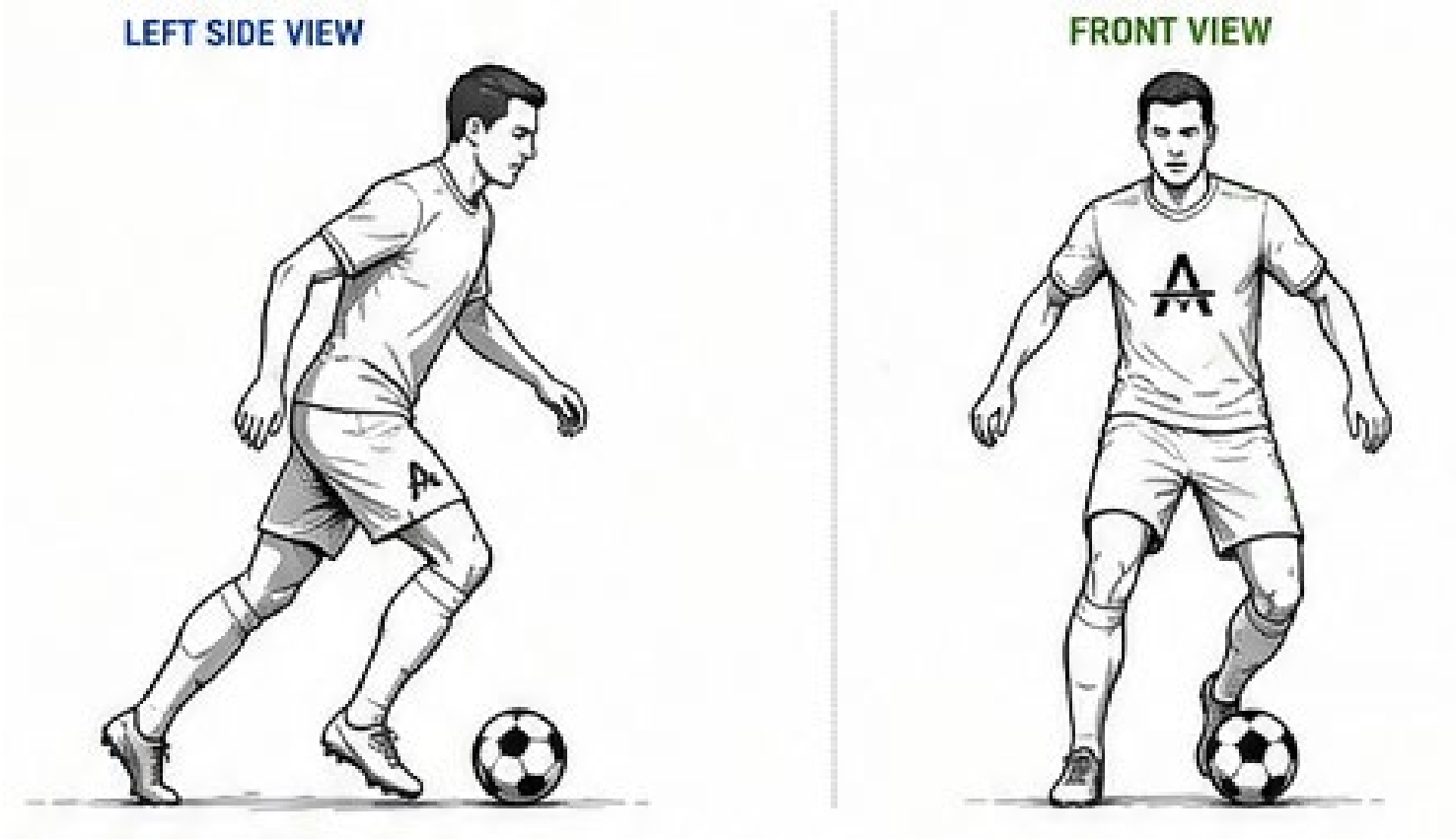
What tiny detail made the biggest difference today?

Foot angle	Balance	First Touch	Other
Plant foot	Contact surface	Follow-through	
Hip Position	Timing	Speed of action	
Nutrition	Rhythm	Ghieloding	

Describe the difference:

BUILD THE MOVEMENT

Map your technique. Give key positions and movements.



MOVEMENT SEQUENCE

Break down the technique step-by-step

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

BEFORE → AFTER

Before Today

How did I naturally perform this movement?

After Today

How will I perform it now?

THE EXPERIMENT LAB

What experiments did I try today?

Faster	One touch	Under pressure	Earlier
Slower	Two touch	Different surface	Later
Softer touch	Opposite foot	More space	Other
Firmer touch	Different angle	Less space	

Which experiment taught me the most?





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MISTAKE TREASURE

My best mistake today:

What information did it
give me?

How will I use it tomorrow?

THE GOLDEN CUE

If I forget everything else... what ONE coaching cue stays with me?

TRANSFER MAP

Where will this technique show up?

RECEIVING

PASSING

TURNING

DRIBBLING

FINISHING

DEFENDING

1v1

TRANSITION

THE RETENTION TEST

Without looking at coach, explain today’s technique to your future self.

TOMORROW’S MICRO GOAL

Rate yourself honestly

One detail I will deliberately
practice tomorrow:

How many quality repetitions?

TECHNICIAN PROFILE

Rate yourself honestly

PRECISION	1	10
OBSERVATION	1	10
CONSISTENCY	1	10
UNDERSTANDING	1	10
AUTOMATICITY	1	10

COACH FEEDBACK

Most improved detail:

Highest return cue:

Next layer to unlock:

RECOVERY PASSPORT BADGE



BADGE:

Date:

