



ANJON ATHLETICS

THE COMPETITOR

ASSESS | DEVELOP | PROCESS | REFLECT | ELEVATE

Elevating
the Heart
the Intellect
the Will

ATHLETE NAME	DATE	XP EARNED
SESSION NUMBER:	PROGRAM	COACH

WHAT THOUGHTS AND EMOTIONS AM I BRINGING INTO COMPETITION TODAY?

COMPETITIVE READINESS METER

Befor competing today

CONFIDENCE	1	10
FOCUS	1	10
ENERGY	1	10
COURAGE	1	10

PRESSURE PROFILE

HOW DO I TYPICALLY RESPOND WHEN...

I MAKE A MISTAKE

I LOSE POSSESSION

I AM LOSING

I FEEL PRESSURE

I AM TIRED

COACH INSIGHT

COMPETITIVE BEHAVIORS CHECKLIST

COMPETITIVE HABITS I DEMONSTRATED TODAY

COURAGE

- Took Risks
- Demanded Ball
- Played Forward
- Tried New Solution

RESILIENCE

- Responded to Mistakes
- Stayed Present
- Controlled Body Language
- Recovered Quickly

LEADERSHIP

- Encouraged Others
- Communicated
- Led By Example
- Stayed Positive

COMPOSURE

- Managed Emotions
- Stayed Focus
- Controlled Reactions
- Made Good Decisions

MOMENT OF PRESSURE

Describe the most difficult moment today:

How did I respond?

What would the best version of me do?

CEMPTITOR LEARNING PROFILE

Coach Cueing

LEADERSHIP

More Coach Led

More Player Led

Information

Discovery

What Built My Confidence Most Today?

What Challenged My Confidence Most Today?

Success

Competition

Mistakes

Opponent

Repetition

Solving It Myself

Pressure

Comparison

Coaching

Watching Others

Fatigue

Fear

Teammates

Reflection

Expectations

Uncertainty





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ASSESS

What pressure revealed itself today?

DEVELOP

What competitive skill improved?

PROCESS

What tested me emotionally?

REFLECT

What did I learn about myself?

ELEVATE

How will I respond better next time?

HEART

HOW DID I TREAT OTHERS WHEN THINGS GOT DIFFICULT?

Encouraged

Supported

Led

Stayed Positive

Showed Respect

Calm Under Pressure

Put Team First

Lifted Others Up

Today I Showed:

WILL

WHAT CAHALLENGE DID I OVERCOME?

Fear of Failure

Fear of Mistakes

Frustration

Fatigue

Pressure

Self- Doubt

Adversity

Consistency

How I Responded

INTELLECT

WHAT COMPETITIVE CHALLENGE DID I SOLVE?

Breaking Pressure

Transition

Defending

Finishing

Pressing

Creating Space

Managing Tempo

Decision Making

The Solution

COMPETITOR SCORECARD

CONFIDENCE

COMPOSURE

RESILIENCE

COMPETITIVE INTENSITY

LEADERSHIP

SESSION XP
EARNED

COACH FEEDBACK

Observation

Competitive Strength

Growth Opportunity

Coach Challenge

RECOVERY PASSPORT BADGE



BADGE:

Date:

