

Name _____ Goals 2022-2023 Season

Top 5 Events:

Event	Current Time	Goal Time

- What are your short term goals in practice (small daily things to work on)?
- What are your mid term goals in practice (things to be measured in weeks/months)?
- What are your long term practice goals (what do you want to be capable of by the end of the season)?
- What are some attitude/mental goals for the season?
- What are your goals for the group? (Start thinking about how you want your teammates to act during practice)
- What do you expect from your coach?
- What are the top 3 things you want to improve upon this season? (Could be mental, physical, or technique centered)
- Anything extra? Put comments, questions, concerns, etc. here: