

# PRE-GAME WORKSHEET

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Team Playing: \_\_\_\_\_

Time: \_\_\_\_\_

“When you are prepared, you feel confident.”

1. Mindmap

End of Game  
vs.  
\_\_\_\_\_

2. Video tape your picture:

*Play it forward*

*Play it backward*

3. Make your end-point picture real!

*What did you see?* (eg: puck hitting mesh of net)

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*What did you hear?* (eg: crowd cheering)

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*What did you feel?* (eg: sense of accomplishment)

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4. Three reasons for playing well:

- ---
- ---
- ---

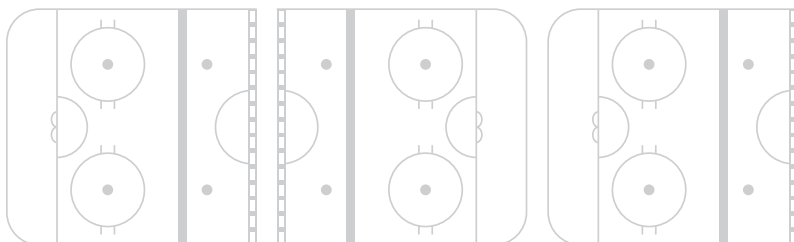
5. Three reasons why I deserve to play well:

- ---
- ---
- ---

# IN-GAME WORKSHEET

Success Recorder's Name: \_\_\_\_\_

1. Shots, scoring opportunities, & stickhandling plays



1st Period Shots

2nd Period Shots

3rd Period Shots

Total Goals \_\_\_\_\_ + Total Shots \_\_\_\_\_ = \_\_\_\_\_ % Shooting Accuracy

2. Type of shots

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

3. Team plays

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# POST-GAME WORKSHEET

1. Three personal successes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

2. Three team contributions:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

4. Scoring opportunities/what I learned/why I am better now:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

“I give 100% every time I step on the ice.”

# **PRACTICE WORKSHEET**

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_

1. Skating Mastery:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

2. Passing Mastery:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

3. Game Mastery:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

4. Team System Mastery:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

5. Other Successes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# **PUCKMASTERS SESSION WORKSHEET**

Date: \_\_\_\_\_

Topic: \_\_\_\_\_

Your Personal Coach's Name: \_\_\_\_\_

1. What's the best thing I learned at Puckmasters today?

•

\_\_\_\_\_

2. What are some of the reasons why I'm a better player because of my training sessions

•

•

•

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. What are some things from my sessions that I can work on?

•

•

•

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. What is one example of something in my session I really enjoyed?

•

\_\_\_\_\_

5. What are 3 examples of success I had in my session today?

•

•

•

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_