

5 DAY COACHING CHALLENGE

DAY 2

Season Self-Reflection

1. Was I prepared daily?

10 9 8 7 6 5 4 3 2 1 0
Definitely Not at all

2. Did I consistently bring the same energy to practices that I expect from my players?

10 9 8 7 6 5 4 3 2 1 0
Definitely Not at all

3. Did I tackle the tough situations head on?

10 9 8 7 6 5 4 3 2 1 0
Definitely Not at all

4. If I asked each player what their role was at the end of the season, would their answer be the same as what I thought it was?

10 9 8 7 6 5 4 3 2 1 0
Definitely Not at all

5. How often did I make a difference in practices and games?

10 9 8 7 6 5 4 3 2 1 0
Every day Not at all

What was your final score?

For anything that you rated 8 or less, make a note on how you plan to improve for next season.

“If you’re going to have a team of role players, then you better have a team of players who truly understand their roles.”

- Steve Kerr



#CCTchallenge