



Practice On Purpose

What will you practice with Intention during practice? _____

What do you need to improve on? _____

What do you want to repeat? _____

Today in practice, I intend to:

1. _____
2. _____
3. _____
4. _____
5. _____

How do you want to perform? What do you want to fix or change? Do you want to perform more difficult skills, be aggressive, or change a technique? How will you fix the error? What can you do to remain focused?

For Example:

To make corrections:

- I will visualize, use Arm Sets, and talk myself through the skill 5x before each attempt.
- I will use these Key Words to guide me.
- I will use these Performance Cues on the skill.
- I will focus on the pathway of my arms, legs, body, and head from beginning to the end of the skill.

To be aggressive:

- I will focus on _____ when I _____.
- I will use these Key Words to guide me.
- If I make a mistake, I will move on and keep going.