

SELF FEEDBACK AND EVALUATION SHEET

Remember

- Skill concepts include ready position, reading, pre-contact position and follow through.
- Practice does not make perfect, you must have intent to improve and to learn.
- Make all comments to yourself POSITIVE! No "Don't..." statements.
- This sheet is to be filled out completely, so you can review it later and continue to improve.

SERVING KEY WORDS AND THOUGHTS

PASSING KEY WORDS AND THOUGHTS

SETTING /OVERHEAD PASSING KEY WORDS AND THOUGHTS

ATTACKING KEY WORDS AND THOUGHTS

DEFENSIVE PLAY KEY WORDS AND THOUGHTS

BLOCKING KEY WORDS AND THOUGHTS

MENTAL/ATTITUDE KEY WORDS AND THOUGHTS

OTHER KEY WORDS AND THOUGHTS

You picked
a tough game