



CLIPPERS BASKETBALL ACADEMY TRAINING CHECKLIST

BASKETBALL SKILLS

- WRITE DOWN 1 SKILL YOU WANT TO IMPROVE ON (DRIBBLING WITH MY LEFT HAND...)
- SET A GOAL FOR HOW MANY SHOTS YOU WANT TO TAKE IN THE NEXT 3 MONTHS
- IDENTIFY 2 DRIBBLING MOVES YOU WANT TO PERFECT
- SET A GOAL FOR HOW MANY TIMES YOU'LL PRACTICE THIS WEEK

OFF THE COURT

- IDENTIFY 1 THING YOU WANT TO IMPROVE ON OFF THE COURT
- WRITE DOWN A PARENT, COACH, OR ATHLETE YOU WANT TO MAKE AN EFFORT TO LEARN FROM
- IDENTIFY 2 THINGS BASKETBALL TEACHES YOU OFF THE COURT

MENTAL HEALTH

- PICK A TIME EITHER IN THE MORNING OR EVENING TO FOCUS ON BREATHING EACH DAY (SLOW BREATHING)
- WRITE DOWN 2 PEOPLE THAT MAKE YOU FEEL HAPPY WHEN YOU'RE AROUND THEM
- ESTABLISH A TIME ONCE A WEEK WHERE YOU WRITE DOWN HOW YOU'RE FEELING (CAN BE 1 SENTENCE)

JOURNAL ENTRY

1. _____

2. _____

3. _____

4. _____

5. _____
