

# Practice Goals and Evaluation Sheet

**Practice Date** \_\_\_\_\_ **Practice Time** \_\_\_\_\_

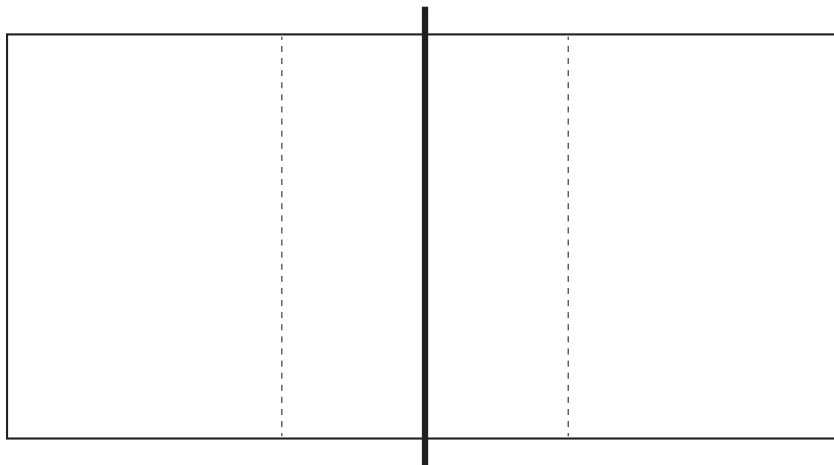
Practice Goals - *write down before practice*

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Drills that help me at this practice - *draw and explain*



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Rate yourself on your performance and did you achieve your goals?

Serving	1 2 3 4 5	Front Row Hitting	1 2 3 4 5	Serve/Receive pass	1 2 3 4 5
Blocking	1 2 3 4 5	Back Row Hitting	1 2 3 4 5	Free Ball Pass	1 2 3 4 5
Defense	1 2 3 4 5	Offense Transition	1 2 3 4 5	Setting	1 2 3 4 5
Coverage	1 2 3 4 5	Defensive Transition	1 2 3 4 5	Communication	1 2 3 4 5

Notes

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