

Mental Skills Planning

The only way something becomes consistent is when we schedule it. The sheet below will help you to decide when your mental training will take place.

1. What day of the week is the best for team to meet for 20 – 30 minutes to complete the Clutch Reflection and hold the team discussion? What time will work best? What location

What day? _____

What time? _____

Where? _____

2. What coach will make the copies of the Clutch Reflections and facilitate the group discussion?

3. How often will your team complete the Clutch Reflection?
