

The Appendix of

JOURNALING TO BE THE BEST YOU CAN BE IN SPORT



"A Journey into Journaling"

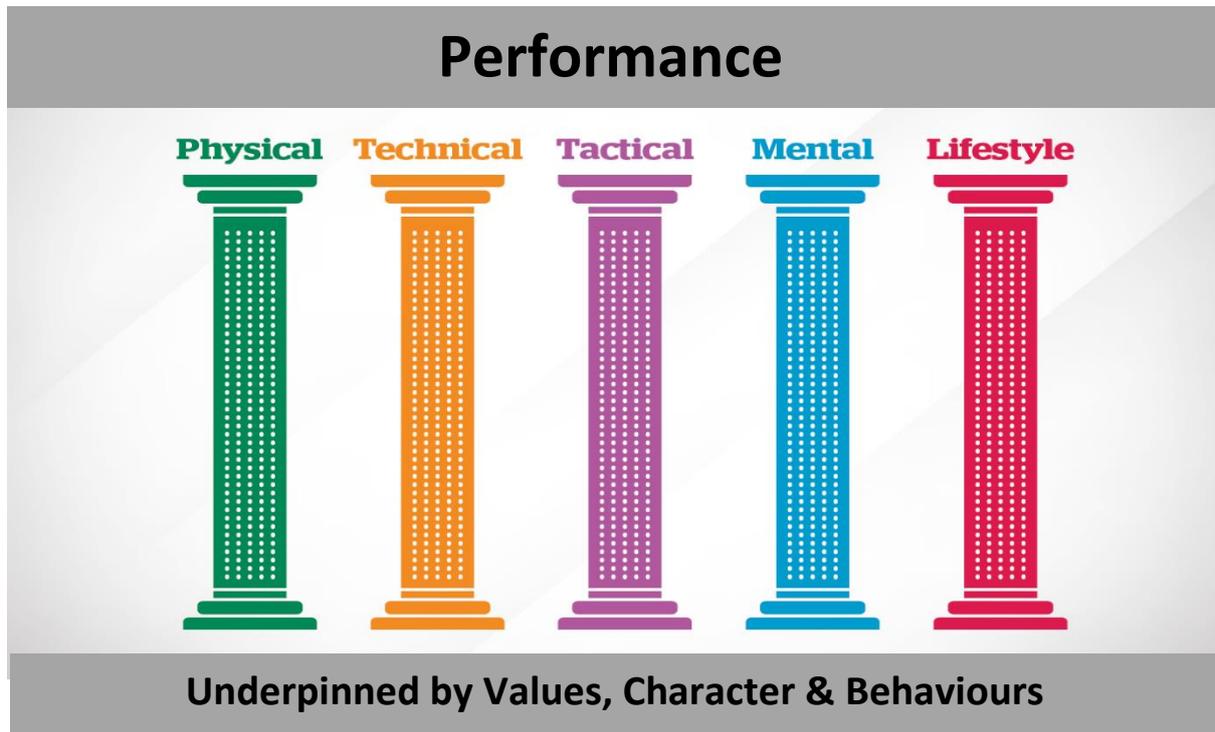
PAUL KILGANNON

This Appendix is provided for users of *'Daily Journaling to Be the Best You Can Be in Sport.'* The tools provided herein are generic in nature and may be of help to some athletes. They are designed to provide basic and rudimental templates you may be able to modify or adapt. They are not designed to be a comprehensive, personalised set of usable tools and resources. It will take a significant effort on your behalf, and perhaps some professional input, to develop your own set of personalised tools that will be of genuine value to you in your sporting journey. However, if you wish to be the best you can be in sport, be assured that this will be time and energy well spent. Understand and appreciate that you will become more skilled and efficient in designing, developing and refining these tools as you continue to invest time and energy in the practice.

'Think progress and improvement rather than perfection.'

<u>List of Contents</u>	<u>Page</u>
1. Creating a Personal Improvement Plan for The 5 Pillars of a Player/ Athlete	3
2. Establishing Your 'Current State' in the Sport Specific Key Performance Indicators (KPI's) & Developing a Sports Specific 'Personal Improvement Plan'	5
3. Personal Performance Analysis Tool	8
4. Alternative Sample Post Training/Game Reflection Tool	11
5. A Simple Guide to Setting SMART Goals in Sport	13
6. The Pre-Game Wheel of Preparation	14
7. A Guide to Creating Sporting Affirmations	16

1. Creating a Personal Improvement Plan for The 5 Pillars of a Player/ Athlete



In order to Be the Best You Can Be in Sport, each and every Pillar of the Player/ Athlete (Physical, Technical, Tactical, Mental and Lifestyle) must be consciously and actively developed over time. The skills and expertise of various professional coaches may be required to support the athlete in this.

What follows is a very rudimental tool designed to give you a basic sample of how you could create a 'Personal Improvement Plan' for each of the 5 Pillars of the Player. Again, you may require the assistance of a number of professional coaches to develop and action this plan to its full potential. Other concepts and information included in this Appendix may also be useful when drafting this document, so you are advised to read the content of the Appendix in full before continuing.

The parent book of this series 'Be the Best You Can Be in Sport' is also full of information that may be very useful.

Sample Personal Improvement Plan for The 5 Pillars of the Athlete

	Where I am today/ Current State.	Where I would like to be.	How I can bridge the gap.
Physical			
Technical / Skill			
Tactical/ Team Play			
Mental			
Lifestyle			

My Key Actions or Work-On's for:

Physical _____

Technical/Skill _____

Tactical/Team Play _____

Mental _____

Lifestyle _____

2. Establishing Your 'Current State' in the Sport Specific Key Performance Indicators (KPI's) & Developing a Sports Specific 'Personal Improvement Plan'

What follows is a sample list of the key technical and tactical skills of the top football players who play central midfield. With some study, research and support, you can build your own for your sport and field position. These points of reference are commonly termed 'Key Performance Indicators' or 'KPIs'.

In this example, the footballer took their KPIs and established their 'current state' using a 1-4 scale. On a 1-4 scale, the terms: 1 – Very Poor, 2 – Poor, 3 – Good, 4 – Excellent, can be used.

You can also define these four terms in relation to the quality or skill being studied and decide the appropriate option. If, for example, you were scoring the skill of 'receiving the pass/control' when receiving the ball using the aforementioned 1-4 scale, here are some examples of what each number could symbolise:

1. A number of bad touches which often leads the player to lose possession.
2. A number of touches which make the second touch be a form of recovery and allows the opposition to gain a better position.
3. A number of touches which effectively gather possession, but changes the speed of the attack for their team.
4. A number of touches which allows the player to gain an upper hand on their direct opponent, putting them on the back foot.

Your ability to objectively come to sound conclusions about yourself will be the real difference. Some athletes can overestimate their abilities, while others can underestimate them. Here, the advice is to be as true to yourself as possible. Don't be too hard on yourself; don't be too easy on yourself. Know and understand why you are doing this; the sole purpose is to improve.

List of Key Technical and Tactical Skills of a Central Midfield Footballer & Sample Personal Current State Scores.

- PASSING THE BALL - 3 OUT OF 4
- OFF THE BALL MOVEMENT - 3 OUT OF 4
- RECEIVING THE BALL - CONTROL - 0 OUT OF 4
- DRIBBLING - 3 OUT OF 4
- FINISHING / SHOOTING - 1 OUT OF 4
- TACKLING - 0 OUT OF 4
- SCANNING - 0 OUT OF 4



Cross Referencing for Accuracy

The above process can be completed in conjunction with a mentor or coach who can provide an alternative insight into your abilities using the same rating system. This leads you to a place of self-discovery as you try to understand what causes the difference in opinion in these areas. For example, why does your mentor or coach rate you as 'poor' in an area which you think is 'good?' What are their expectations in this area and how does that differ from your perspective?

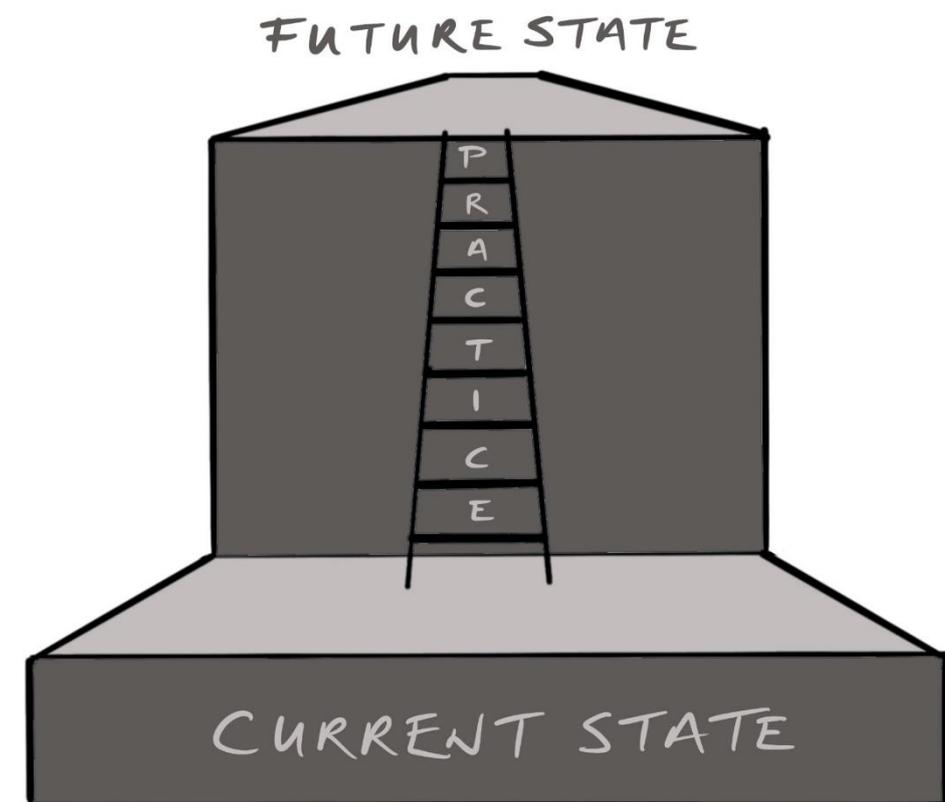
The Work Begins

The focus should now go to 'How do I get from 'Current State' to Goal?' (Close Gap) and so the work begins and in truth never really ends.

In this example, the footballer is now equipped with the information to create their very own 'Sports Specific Personal Improvement Plan'. They can pick 2 or 3 key qualities and skills to focus on for the next 3 or 4 weeks and this gives them a very clear direction as to the areas of their game that require the most focus in individual and team practice.

In this example: control, tackling and scanning are the three perceived weakest areas at that point in time. These are three big areas and further detail, information and strategy will be required to maximise the potential value of the work here. SMART goal setting (see later in the Appendix) may be used to help here.

Self-awareness is the key to individual improvement.



3. Personal Performance Analysis Tool

The very same process as described previously in Developing a Sports Specific 'Personal Improvement Plan' can be used to analyse your performance post-game. Using the previous Key Performance Indicators (KPIs) and scoring system you can create a Personal Performance Analysis Tool (see below for example of one for central midfielder in Football) and then you can score yourself in each KPI when reviewing your performance either from memory or match day footage. Match footage is obviously best because it will allow you to remove the emotion of match day and effectively evaluate your performance; however, if this is not available, recall from memory will suffice.

Be clear and concise in your summaries of what success is in that quality or skill, and rate your performance in line with these metrics. Again, this process can be completed in conjunction with a coach or mentor who can provide an alternative insight into your performance using the same rating system.

More importantly though, by monitoring these scores over a 3 or 4 game period, you can further refine and establish a clearer direction as to the areas of your game that require the most focus in individual practice and team training. In other words, you can continue to 'learn'.

Sample Personal Performance Analysis Tool for a Central Midfielder in Football

	GAME 1	GAME 2	GAME 3	GAME 4	AVERAGE
PASSING THE BALL					
OFF THE BALL MOVEMENT					
RECEIVING THE BALL - CONTROL					
DRIBBLING					
FINISHING / SHOOTING					
TACKLING					
SCANNING					

Based on these numbers:

I must start:

I must stop:

I must continue:

Completed Personal Performance Analysis Tool for a Central Midfielder in Football

	GAME 1	GAME 2	GAME 3	GAME 4	AVERAGE
PASSING THE BALL	3	3	2	3	2.75
OFF THE BALL MOVEMENT	1	2	4	4	2.75
RECEIVING THE BALL- CONTROL	1	1	2	2	1.5
DRIBBLING	4	4	3	3	3.5
FINISHING /SHOOTING	3	1	2	4	2.5
TACKLING	1	1	2	1	1.25
SCANNING	2	2	1	2	1.75

INSIGHTS I HAVE DRAWN!

I MUST START WORKING ON MY FOOTWORK TO IMPROVE MY POSITIONING IN ORDER TO EFFECTIVELY EXECUTE A TACKLE.

I MUST STOP BEING SO INCONSISTENT WITH MY FINISHING.

I MUST CONTINUE TO WORK ON MY SCANNING AND RECEIVING THE BALL.

4. Alternative Sample Post Training/Game Reflection Tool

Area	Game 1	Game 2	Game 3	Game 4
Enjoyment gained from playing				
My Mindset and Attitude				
My Discipline				
My Consistency in Effort and Application				
My Ability to Physically Compete				
My Skill Execution				
My Decision Making				
My Support Play				
Understanding of My Role/What was Expected of Me				
My Treatment of the Referee/Opposition				
My Influence on the Team and My Teammates				

5. A Simple Guide to Setting SMART Goals in Sport

SMART Goals are a well-recognised goal setting technique. SMART Goals help you set goals that are clear, realistic, and measurable. The SMART acronym stands for: Specific, Measurable, Achievable, Relevant, and Time-bound. Well formulated goals are reachable and motivating. Goals should always be written down. Writing the goal crystalizes thought.

In general, there are two types of goals- outcome goals and process goals. An outcome goal is probably one of the most popular types of goals to set. It focuses on the bigger picture of what you're trying to achieve and is essentially the end goal, for example: to win a championship or to have an 80% basketball free-throw scoring average.

A process goal is the smaller objective, which helps you to achieve the outcome goal. For example, if your outcome goal is to have an 80% basketball free-throw scoring average, your process goal could be to spend 10 high-quality minutes practicing free throws every day for the next 30 days. Here you could use a shooting cadence of a shot every 15 seconds (40 shots per 10-minute session) and track shots scored versus shots taken.

The key difference between an outcome goal and a process goal is that an outcome goal focuses on the bigger picture and a process goal focuses on the journey to it. An outcome goal can't exist without a process goal, as you will have no way of reaching it without taking those smaller stepping stones. Process goals can exist without an outcome goal at the end, however, the motivation behind achieving the process goals may soon waver if you have nothing to work towards. For this reason, outcome goals and process goals are like two different sides of the same coin. One generally can't exist without the other.

See below a step-by-step approach to setting SMART goals.

Specific- SMART Goals are detailed and specific. Ask yourself: What exactly do I want to achieve? Why? Where? How? When?

Measurable- SMART Goals are measurable and should answer the following questions: How much? How will I know if I have reached my goal? What is my indicator of progress?

Achievable- SMART Goals are achievable and attainable, not too easy and not too hard. They should stretch you, but be within your reach.

Relevant- SMART Goals are important to YOU, not anyone else. They are relevant to you and who you are as an athlete today.

Time-bound- SMART Goals should always have a start and finish date. Ask yourself- Does my goal have a deadline?

Ask yourself the right questions when setting SMART Goals.

6. The Pre-Game Wheel of Preparation

A useful tool to use for mental and physical preparation ahead of a game or competition is the 'wheel of preparation'. It is suggested to use it between 7 to 10 days out from a game. The 'wheel of preparation' is a simple yet effective tool and one you can create yourself in the blank pages provided at the end of this journal. Simply:

1. Draw a circle as per diagram and divide into segments (there is no 'right' or 'wrong' amount of segments—between 6 to 8 is usually good).
2. Each segment is representative of an element of preparation for the game ahead. Fill out what you see as key elements you can control, e.g. hydration, nutrition, sporting affirmations, visualisation work, self-talk routines, knowing the game plan, knowing your own role and KPIs, mobility, sleep, and skills work.
3. Shade in each segment to represent where each one is at, ahead of the game – fully shaded means you are 100% prepared and this element is in a good place.
4. In any element, there are gaps. Identify simple specific actions you can take in the next week to improve your preparedness in this area, e.g. action: get 1 hour more of sleep per night or do five to ten minutes of deliberate skills practice daily.
5. Come match day the aim is that most, if not all (please don't fret if it's not perfect... this is not about being perfect, it's about getting better), areas are fully shaded and you are well prepared in the areas which are within your control. You are now relaxed, prepared, and ready to perform.

7. A Guide to Creating Sporting Affirmations

Confident people think and act confidently. One way to become more confident is to change or improve your thinking. As we have discussed earlier, the 'inner voice' can be your biggest impediment to being the best you can be. There are several techniques and tools you can use in the fight against the 'inner doubter/critic'.

One such tool is the use of affirmations to boost sporting (and general) confidence. It is difficult to simply ignore negative thoughts. Instead, in order to build your confidence, you need something to replace or reframe these negative thoughts.

Affirmations are simply positive statements about your qualities, abilities and goals that are true about you, or that you reasonably want to be true about you.

A guide would be to start by forming 6-10 good affirmative statements with regard to yourself as an athlete. All statements should be stated in the positive and stated as fact, not as a wish or want. Examples of good statements include: I am fast. I am confident and strong. I thrive under pressure. I love the big challenges. I am extremely well prepared. I am enough. I keep going.

Affirmation can be present tense, future tense, or natural. Using statements that say you already are what you want to be, or you will do it, is stronger than wanting and hoping. See examples of all three below:

Present Tense Affirmations

- I am a well-prepared athlete.
- I am a great shooter/tackler, etc.
- I have excellent ball control.
- I am brave and courageous.
- I am 100% dedicated to becoming a great athlete.
- I am mentally strong and love pressure situations.
- I have the capability to do great things.
- I am committed to my training and always train to my potential.
- I am a champion.

Future Tense Affirmations

- I will put in the work.
- I will stay focused on improving.
- I will improve my accuracy.
- I will find the people who can help me.
- Through practice, I will achieve my full athletic potential.

Natural Affirmations

- I have a burning desire to become a great player/athlete.
- I love training hard and smart.
- I love a challenge.

- I love learning and take every opportunity that is given to me to learn.
- My mind is totally focused on developing into a great athlete.
- Scoring comes naturally to me.
- I naturally focus my mind when I need to concentrate.
- Motivation is easy for me to find when training.
- I naturally have high stamina.

When you have your list created, place it where you will automatically see them every day; your journal, your bedroom dresser, your screen saver, etc. Read them daily and consistently. Take your time with them; contemplate and reflect on them. Over time, these thoughts will start to come to mind automatically and will help you feel more confident and push out doubts.

Alternatively, you may wish to create an Affirmation Script around any given area of performance. For example: mental preparation, skill development, will to win, setbacks and challenge, emotional regulation etc. See below two examples taken from the work of Sports Psychologist Tony Óg Regan.

Affirmation Script to Foster a Relentless Will to Win

I love the last fifteen minutes of a game. Regardless of score, this is a time for complete concentration and focus on the process. I can best IMPACT THE GAME when I CONTROL what I have control of, that is my mind.

In the last 15 minutes, I play EVERY SINGLE MOMENT. In THIS ZONE, nothing distracts me or upsets me. I see other players tiring and making mistakes. I get stronger and my concentration gives me this edge.

Being in this zone is why I play. It's a testing time and I am AGGRESSIVE and FOCUSED. I keep a clear mind on EVERY BALL. I live in the present moment. Any time I even begin to get ahead and think about winning or losing, I catch that thought and throw it away. I get back to my next ball. I never care about scoreboards or what others are doing because I TRUST MY OWN ABILITY.

Affirmation Script to Foster Emotional Maturity

I pride myself on being CONSISTENT and CONTROLLED in GAMES. Nothing distracts me. I AM LIKE GRANITE, I AM SOLID. RESILIENCE is my middle name. I always DELIVER IN ADVERSITY. I stay patient, look for the next ball. I have the heart of a lion and the mind of a champion.

I never let myself get frustrated, try to force things or try to make anything happen. I FOCUS ON MY OWN GAME, always in control of my mind and emotions, NOTHING FAZES ME. I take GREAT PRIDE in this emotional maturity and patience because no one gave me this attitude. I developed it. I gave it to myself. I earned it. It is now one of my most valued strengths.

Affirmations are proven confidence boosters and when used to their potential, they will help you in being the best you can be in sport.

I hope this Appendix was of some help to you.

Be the Best You Can Be,

Paul Kilgannon
www.carvercoachingframework.com