

# Lesson Plan: Performance Journal

Planned Duration: 35 Min

**Athlete Age Range:** ALL

**Training Level:** T2T: Train to Train

**Goals:**

To ensure the athlete understands the importance of keeping a diary of their shooting and develops the habit early in their shooting career.

Criteria: Athlete demonstrates proper use of the diary by showing to the coach over the next three training sessions.

**Equipment:**

Your will require a suitable training area such as the range or clubhouse and a Journal or Journal page.

**Introduction:** Min: 10

1. Greet athletes as they arrive. Encourage them to unpack gear and gather for the lesson.
2. If you plan on firing after the lesson ensure all have their equipment made ready.
3. Provide a verbal description of tonight's plan – Learning to use a Journal.
4. Describe the evening's goal:
  - ensure they understand the need for keeping a diary.
  - describe the reasons for the various aspects of the diary i.e.. Recording rounds, ammo types, positions shoot, mental state.

**Warm Up:** Min: 0

N/A

**Main Lesson** Min:20

Review the Journal pages and suggest elements they will need to think about and record in their log to be successful. Then ask questions to confirm their understanding of the use of the diary.

1. Discuss the frame of mind to use when making entries.
2. Explain the purpose of the competition log.
3. Explain the purpose of the equipment log.
4. Review the Travel checklist. (Discuss planning)
5. Discuss how to set goals. (They should be positive, forward looking)
6. Assist the athletes in completing a diary entry.

**Cool Down:** Min: 0

N/A

**Conclusion:** Min: 5

Provide examples and reinforce the need for good Journaling.

Be sure to follow-up with your athletes frequently about their journals.