THE TRAINING GAME

WHAT ARE YOUR MASTERY GOALS FOR THIS SEASON?
A MASTERY GOAL is something that is specific, challenging and under your control.

- Example: I want to be able to land my double Axel 90 percent of the time in practice to build confidence going into competition.
- Example: I want to execute all spins and footwork to the choreographed level in competition.

★ A competitive result is NOT a mastery goal.

ANALYZING YOUR ON-ICE GOALS TO PROGRAM YOUR OFF-ICE TRAINING:
Example: Execute a double Axel consistently in competition.
Underlying athletic qualities required:
★ Jump high enough
★ Get into rotational position quickly
★ Maintain a tight rotational position with excellent posture throughout the jump
★ Check out forcefully on landing
★ Absorb landing impact

For each on-ice skill/performance goal you would like to achieve this season:
★ List 3 on-ice skills necessary to achieve the goal
★ List 3 athletic skills necessary to achieve the goal
★ What is the timeline needed to perfect this skill?
★ Does training order matter?

GOAL

TECHNICAL SKILLS DEVELOPMENT

ATHLETIC SKILLS DEVELOPMENT

ENERGY SYSTEMS DEVELOPMENT

FUELING AND RECOVERY
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<tr>
<th>MY/MY COACH’S MASTERY GOAL #1</th>
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<th>MY/MY COACH’S MASTERY GOAL #3</th>
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