

# Conroy Hockey Lessons Learned Tracker Manual

Players Name: \_\_\_\_\_

Date Lessons started: \_\_\_\_\_

Personal Goals, these are the 8 top thing I want to work on this season.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

This is how I will help myself to achieve these 8 things:

1. \_\_\_\_\_

2. \_\_\_\_\_

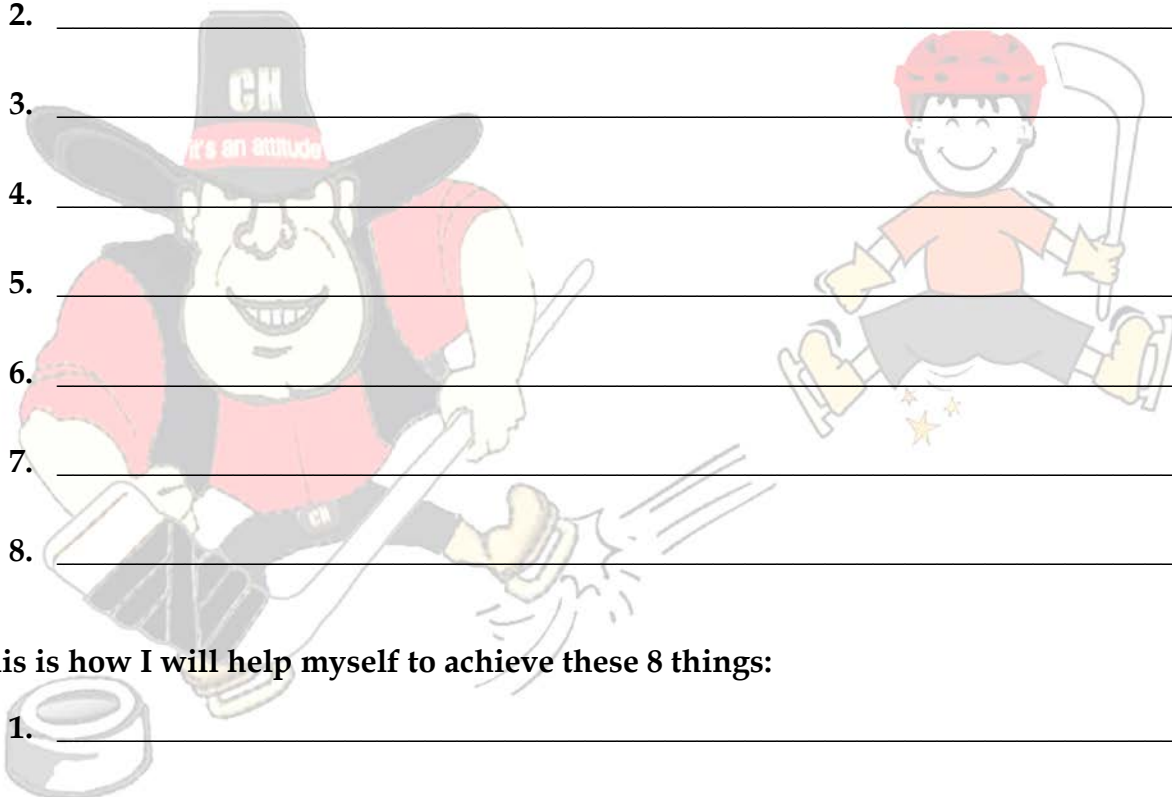
3. \_\_\_\_\_

4. \_\_\_\_\_

I joined this training because?

1. \_\_\_\_\_

2. \_\_\_\_\_



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3. \_\_\_\_\_

4. \_\_\_\_\_

### **5 Questions Parents and Coaches should ask players annually.**

In the fall 2023 I made another discovery. I was training a bunch of teenagers and we had a break so I decided to ask them some questions as a group, and everyone took turns answering the questions.

The answers I received were worth hearing. 75% of the answers were expected and 25% surprised me and some were very educational and I am a hockey expert.

I am confident that the answers I heard were sincere and honest and the answers were worth it!

These are the questions I asked.

Question 1: What do you love about Hockey?

Question 2: What don't you like about Hockey?

Question 3: What would make you quit Hockey?

Question 4: What do you need to improve?

Question 5: What do you wish your coaches would do to make you better?

- I was surprised at these answers the prime response was:
  - "We want negative feedback from our coaches".

In the past I have asked these questions to my sons as I try not to assume, and I wanted them to play and to love the game.

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