

## THOUGHTS ON NVL2 TRAINING

I want to get a feel for how training should be pitched.  
I can't promise everyone's wishes will be met -- but I'll try to find the best balance possible.  
Your answers are for me only and will not be shared under any circumstances.

NAME: \_\_\_\_\_

## WHAT I WANT FROM TRAINING

On a scale of 1 to 5, how important is it that training covers these elements?

I don't want this

Not very important

Neutral

Important

Very Important

1

2

3

4

5

1. Improving individual technique.



In particular I'd like to work on:

2. Personal fitness and conditioning specific to volleyball.



In particular I'd like to work on:

3. Having fun.



4. Building a sense of "team."



5. Link up play / team organisation on court.



6. Coming away from training tired and feeling I've put some effort in.



## PERSONAL GOALS

What I want for me from this season is:

## TEAM GOALS

What I want for us this season is:

Thanks! Please scribble any other comments or thoughts on the other side, if you like. Happy to talk about any of this in the margins of training or on WhatsApp. My number is 07799 250186. Cheers, Steve.