



Judo Club Practice Reflection

Date: _____

Name of Class: _____

- Head Coach
- Assistant Coach
- Coach Director

Number of Students: _____

Focus of Practice: _____

Coaches On-site: _____

Students Missing from Practice: _____

Gauge Practice		Struggled			Exceeded	Top and Bottom Players
	1	2	3	4	5	
Uchikomi						
Nagekomi						
Lesson						
Randori Ne waza						
Hustle and Effort						

Additional Notes: _____

****Complete "Reflections" on back****



Practice Reflections

What was the **most valuable part** of the practice for the team today?

What did you notice from the practice that **should be focused on** in the next practice sessions?

Coaching Reflections

What could you have done to **better prepare** the team for today's practice?

What does your team **need from you** to continue to improve this week?