

APEX AT-HOME GOAL TRACKER

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------|--------|---------|-----------|----------|--------|----------|--------|
| Workout | | | | | | | |
| Ball Handling Skills | | | | | | | |
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GOALS:

CHALLENGES:

HOW I'LL OVERCOME THOSE CHALLENGES:

HOW IT WORKS:

This goal sheet is to help all our Apex athletes stay on track with their goals for the season from home!

The chart is a printable goal tracker. For every day you complete the goal, you can fill in a square! For workouts, I'd recommend a goal of 4 times a week. For volleyball skills, 4-5 times a week. Ideas for workouts and volleyball skills can be found below.

The last three spaces on the goal chart are for your own goals! I encourage you to personalize your goals to what you need as a player. If you were struggling with your serve, you could make a goal to work on serving (practicing consistent tosses, working on form, serving against a wall) and choose a number of days a week to practice that skill. This is also a space for daily health goals, like drinking a certain amount of water every day or getting enough sleep. All of these things would be great to add to your goal chart!

Beneath the goal chart are three things to fill in: your goals, your challenges, and how you will overcome those challenges to meet your goals anyway. An example of a goal could be drinking 8 glasses of water every day. A challenge could be remembering to do that. Your way to overcome that challenge could be setting reminders on your phone to drink water throughout the day.

Remember to make your goals realistic while still challenging. Running 5 miles everyday might be unrealistic, but trying to run for 20 minutes 3 times a week could be a fun challenge!

IDEAS FOR WORKOUTS:

- Check out the Apex Instagram page for a bunch of at-home workouts made by your coaches!
- Some great Instagram fitness accounts that post workouts you can do from home: @clairepthomas @carlyannndell
- Searching YouTube for at home HIIT workouts pulls up so many quality videos!

IDEAS FOR BALL HANDLING DRILLS:

- Check out the Apex Instagram page for some ball handling exercises from Apex coaches!
- Any sort of pass/set to self exercises are never a bad idea!
- If you have a wall outside your house, passing, setting, and serving against the wall is a great way to get reps in!