



1. What is your name?
2. Where were you born?
3. What is your favourite TV show?
4. Who is your favorite musical group?
5. What is one thing you would buy if money were no problem?
6. What is your favourite food?
7. What is the nicest thing that has ever happened to you?
8. What is the best movie you have seen?
9. What is your best friend's name?
10. Where would you like to be right now?

11. What makes you happy?
12. What makes you mad?
13. What is your biggest fear?
14. Whom do you respect?
15. Who has influenced you the most in the past year? How? Why?
16. Which career interests you the most?
17. List three words that describe you.
18. What is one thing about you that you would like to change?
19. What is your favourite hockey team, player?
20. What has been your greatest hockey moment as of right now?



My job as a player is to ...

My job as a player is to not ...

Your job as a coach is to ...

Your job as a coach is to not...



Goal Setting Action Plan

1. My strengths as a hockey player are:

2. My weaknesses as a hockey player are:

3. My specific goals for this season are:

4. Steps I will take to reach these goals:

5. Things my coaches can do to support me:

