

# Zone 1 Post-Practice & Game Questions

Think about today's practice session or game and answers the questions.

Be honest and kind.

1. What was the best part of today's practice session or game?
2. Name one thing you learned today.
3. What mistake did you learn from today?
4. Who helped you today?
5. Who did you help today?
6. How did your team work together today?
7. What is something new you want to try next time?
8. Who made you proud today?

