



Zone 2 Post-Practice & Game Questions

Reflect on today's practice or game. Write your thoughts down to grow, learn and support your team.

1. What was the best moment of today's practice session/game?
2. What did you learn today, about soccer or yourself?
3. What mistake did you make and what did you learn from it?
4. Who helped you today and how?
5. Who did you help today and how?
6. How did your team work together today?
7. What is something new you want to try next time?
8. Who were you proud of today and why?
9. What challenged you the most today and how did you handle it?
10. What goal do you want to set for next practice or game?

