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My Squash Journal: Track Your Progress in This Professionally Designed Squash Journal Unlike Any You ve Seen Before. Doesn t Simply Contain Blank Lines But a Systematic Method of Ensuring Your Progress. Practice

By Alicia Shaw

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Kaizen Squash! Kaizen is the Japanese philosophy of continuous improvement of working practices, personal efficiency, thought process etc. Kaizen can be applied to practically anything in life including Squash. Finally a Squash journal to track your progress in a systematic way! This journal is designed with kaizen in mind. Continuous improvement in your daily physical practice; pre, during, post tournaments, and improving your mental state at every step. Roughly 150 pages it contains 3 broad categories that are further divided into subcategories. (please see back cover) The focus of this journal is to keep track of your - practice sessions, tournaments, and memories. The practice sessions are further subdivided into - Pre practice goals - these are goals set prior to practice so that you start with a purpose. Post practice evaluation - at the end of your practice you can rank your skill, stamina and assess whether the goals you set out to accomplish prior to practice have been met. Tournaments - Pre match gameplan - writing your thoughts on the process, tactical gameplan etc forces you to enter a...



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