

FILM STUDY NOTEPAD

Watching film without writing anything down is just watching TV. Use this sheet every time you sit down with game or practice tape — one row per rep worth remembering.

PLAYER / POSITION

OPPONENT / PRACTICE

DATE

How to use this: Don't try to log every play. Stop the tape on the reps that taught you something — a mistake, a good rep, a look you hadn't seen before — and fill in one row. Ten good rows beats sixty rushed ones.

#	DOWN & DIST.	FORMATION / PERSONNEL	MY ASSIGNMENT	WHAT ACTUALLY HAPPENED	FIX FOR NEXT REP
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

WEEKLY REFLECTION

Once a week, step back from individual plays and look for patterns. This is where real improvement gets planned, not just noticed.

WHAT I DID WELL

WHAT KEEPS SHOWING UP

THIS WEEK'S ONE FIX

Pick ONE thing from your log above to work on in practice this week. Not five — one.

DAYS I WATCHED FILM

MON

TUE

WED

THU

FRI

SAT

SUN

NOTES FOR NEXT WEEK