

STEP 10 – GROW THROUGH GAP ANALYSIS



Why Use Gap Analysis?

- Self-evaluation is one of the most important tools for personal and hockey development.
- It helps create awareness of the details that lead to your best performances and practices.
- This part of the process is critical for developing consistency.
- It sets the foundation for effective deliberate practice and goal setting.
- It helps us develop our own solutions to on-ice and off-ice challenges.
- IT IS A HABIT OF EXCELLENCE.

How To Use Gap Analysis?

There are many formats such as checklists, journals, handwritten, electronic, etc. We suggest the Good, Better, Best Analysis after practices and games; once a week use the One Page Strategic Plan; and keep a journal.

When To Use Gap Analysis?

- There should be an entry sometime after every game AND every practice. Exactly when you do this is up to you. Just pick a time and stick with it. Some options:
 - Before you leave the rink
 - When home but before you go to bed
 - On the bus (when on the road) or at the hotel
 - Before practice – evaluate how you did yesterday as part of your preparation for today's practice.
- Once a week you should do a full reflection on how the week went – this is a detailed assessment. This helps you set targets for the following week.