

■ ANNUAL PROGRESSION CALENDAR

12-Month Planning | Milestones & Quarterly Goals

■ **Year:** _____ **Main Goal:** _____

Q1 - FOUNDATIONS

Quarterly goal: _____

Month	Milestones	Focus Habits	Results
January	_____ _____	_____ _____	■ Achieved ■ Partial
February	_____ _____	_____ _____	■ Achieved ■ Partial
March	_____ _____	_____ _____	■ Achieved ■ Partial

Q2 - DEVELOPMENT

Quarterly goal: _____

Month	Milestones	Focus Habits	Results
April	_____ _____	_____ _____	■ Achieved ■ Partial
May	_____ _____	_____ _____	■ Achieved ■ Partial
June	_____ _____	_____ _____	■ Achieved ■ Partial

Q3 - CONSOLIDATION

Quarterly goal: _____

Month	Milestones	Focus Habits	Results
July	_____ _____	_____ _____	■ Achieved ■ Partial
August	_____ _____	_____ _____	■ Achieved ■ Partial
September	_____ _____	_____ _____	■ Achieved ■ Partial

Q4 - EXCELLENCE

Quarterly goal: _____

Month	Milestones	Focus Habits	Results
October	_____ _____	_____ _____	- Achieved - Partial
November	_____ _____	_____ _____	- Achieved - Partial
December	_____ _____	_____ _____	- Achieved - Partial

■ SAMPLE MILESTONES

- Attend a FIBA Zone clinic
- Obtain a higher-level licence
- Referee a national championship final
- First appointment to an international competition
- Reach XX% decision accuracy (self-assessment)
- Mentoring with an international referee
- Improve your physical fitness test result
- Complete 100 video analyses

