



Coaches Program Resources

COMPETITION REFLECTION FORM OF: **NAME:** _____

DATE: _____ **VS:** _____

1. How did you feel before the competition?

Mentally/physically flat 1 2 3 4 5 Energized mentally & physically

2. What were you saying to yourself (or thinking) just before the start of the game?

3. How did you feel during the competition?

Mentally/physical flat 1 2 3 4 5 Energized mentally & physically

4. What were you saying to yourself (or thinking) during the competition?

5. What were the major differences between your thinking prior to your best and worst performances?

6. How do you think you performed during the competition?

Poorly 1 2 3 4 5 Excellent

Why? _____

7. Is there anything you would prefer to change about the way the Coaching Staff approaches you prior to a competition?

8. Is there anything you would prefer to change about the way the Coaching Staff approaches you during the competition?

9. What did you learn from this competition?

Please use reverse side for any additional comments.