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/physically 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.