



Reflecting After a Game



Reflecting after training sessions and games should ALWAYS be essential. When you use reflection, you're creating an opportunity to identify strengths (build confidence) and identify growth areas (build performance).

3 strengths:

1. _____

2. _____

3. _____

3 challenges:

1. _____

2. _____

3. _____

Use this template to reflect after games. Make sure you are SPECIFIC. "I didn't play well" or "I felt good today" is not specific enough. Include as much detail as possible.