

## Appendix: The Post-Event Reflection

Name:

Practice or Competition (indicate opponent or event):

Date:

Performance Statistics:

## 1. HOW WOULD YOU RATE YOUR PERFORMANCE TODAY?

0—————5—————10  
Poor      Acceptable      Excellent

## 2. REINFORCING STRENGTHS &amp; MAKING ADJUSTMENTS

Technically

- What worked well for you today?
- What did not work so well for you today?
- What adjustments do you need to make?
- How will you make the adjustments?

Strategically

- What worked well for you today?
- What did not work so well for you today?
- What adjustments do you need to make?
- How will you make the adjustments?

Mentally

- What worked well for you today?
- What did not work so well for you today?
- What adjustments do you need to make?
- How will you make the adjustments?

## 3. RATE YOUR MENTAL ATTRIBUTES TODAY (Provide # ranking and brief written description)

0 ————— 5 ————— 10  
Low                      OK                      High

Concentration  
Confidence  
Composure  
Commitment  
Resiliency  
Mindfulness  
Self-Talk  
Imagery  
Attitude  
Body Language

## 4. HOW WAS YOUR LEVEL OF ACTIVATION/AROUSAL TODAY? (Provide # ranking and brief written description)

0 ————— 5 ————— 10  
Low      Moderate                      High

- a. During warm-up
- b. Just before practice/competition
- c. During practice/competition

## 5. HOW WELL DID YOU START AND FINISH?

## 6. WHAT DID YOU LEARN ABOUT YOURSELF TODAY?

## 7. WHAT DID YOU DO TODAY TO MAKE YOUR TEAMMATES BETTER?

## 8. ANYTHING ELSE YOU WANT TO NOTE?