

Coach Game Reflection

INSTRUCTION SHEET

This sheet helps coaches reflect on team performance, substitutions, and key decisions during a match. It also encourages personal reflection to support ongoing development and improve game planning.

HOW TO USE THIS SHEET

1. Complete key sections during or straight after the game.
2. Review and share highlights or focuses with assistants, players or mentors.
3. Keep copies across the season - patterns become visible over time.
4. Use reflections to shape **next week's training focus**.

GAME OVERVIEW

Summarise the key **focus areas or objectives** set before the game.

Ask:

- What were we aiming to achieve?
- How well did the team execute the plan today?

Can add evidence to support - Stats, Player behaviour, or observations.

Tip: keep comments short and factual - focus on what you observed, not emotions.

SUBSTITUTIONS

Reflect on your rotation strategy and timing.

Ask:

- Were changes effective?
- Did players adjust to new combinations?
- Were there missed opportunities to make an impact?

Note: use this to refine future rotation plans and bench management.

COACH REFLECTION

Use this space for honest self-assessment.

Ask:

- What decisions or communications worked well?
- What could have been handled better?
- How can you adjust your approach next game?

Tip: reflect on leadership, energy, and bench communication - not just tactics.

TEAM PERFORMANCE

Break down performance by court area. Use the "Strengths" and "Areas to Improve" columns to identify patterns:

- **Attack:** ball movement, feeding accuracy, decision-making, shooting accuracy.
- **Defence:** pressure, turnovers, body positioning, forces errors.
- **Mid Court:** transition, timing, second-phase options.
- **Decision-Making / Game Sense:** adapting to opposition tactics, composure under pressure.

End with one or two **Actions for Next Game** to target in training.

GAME KEY MOMENTS

Capture turning points and tactical shifts:

- **Turning Point:** identify when momentum changed (positive or negative).
- **Opposition Tactics:** note any strategies that challenged your team.
- **Team Response to Pressure:** record how players reacted and what worked.

These insights guide in-game feedback and future preparation.

INDIVIDUAL HIGHLIGHTS

Acknowledge key player contributions and growth areas:

- **Player Strengths Shown:** skills displayed (e.g., intercepts, vision, timing, voice).
- **Improvement Focus:** one small, actionable goal per player.
- **Notes:** leadership, teamwork, or attitude observations.

GAME REFLECTION

FOR COACHES

GAME OVERVIEW

What were the main goals or focus areas for this game?

Did the team achieve these goals?
What demonstrated this or not?

Netball Queensland

Netball Queensland

TEAM PERFORMANCE

Area	strengths	Areas to Improve	Actions for Next Game
Attack			
Defence			
Mid Court			
Decision-Making / Game Sense			

SUBSTITUTIONS

How did the substitutions work today
(including rolling subs if used) ?

Netball Queensland

Did you miss an opportunity to make a
change?

Netball Queensland

GAME KEY MOMENTS

Turning Point
(Positive or Negative)

Netball Queensland

Opposition tactics that impacted play

Netball Queensland

Team response to pressure

Netball Queensland

COACH REFLECTION

What did you feel you did well as a coach
today?

Netball Queensland

What will you focus on improving for
next game?

Netball Queensland

INDIVIDUAL HIGHLIGHTS

Player	Strengths Shown	Improvement Focus	Notes
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			