

Player Game Reflection

INSTRUCTION SHEET

This reflection sheet helps you review your performance, recognise strengths, and set goals for future games. It's designed to encourage honest self-assessment and build self-awareness - key traits of a confident, coachable player.

HOW TO USE THIS SHEET

1. Complete your reflection **within 24 hours** after the game.
2. Be honest - there are no right or wrong answers.
3. Review your SMART goal with your coach before next training.
4. Keep your reflections to see your growth over the season!

GAME FOCUS

Think about the **intentions** you had going into the game.

Ask yourself:

- What were my personal focus areas? (e.g, "Drive strongly to the ball. Keep communication high.)
- Did I achieve these goals? What shows this - actions, stats, or coach feedback
- If not, what could I adjust next time?

Tip: be specific - "get more intercepts" is good, but "attack the first ball with two hands" is better.

TEAM CONTRIBUTION

- Show how you added value to the team beyond your position.
- **Ask yourself:**
- How did I help my team succeed today?
- Did I encourage or lift others when things were tough?
- Was I a good communicator and teammate?
- **Tip:** team contribution includes skill execution and emotional support - being vocal, staying positive, or leading by example.

FEEDBACK & GROWTH

Use this section to connect your reflection with your coach's feedback.

Ask:

- What advice did I receive from my coach or teammates?
- How will I apply it next time?
- Set on SMART Goal - make it Specific, Measureable, Achievable, Relevant, and Time-bound.

PERSONAL PERFORMANCE

Reflect on your individual game:

- What did I do well? Think about effort, timing, decisions, and attitude.
- What can I improve? Identify one or two key areas to focus on in training or next match.

Keep your answers short, honest, and action-focused.

GAME AWARENESS

Think about what you noticed **during** the game:

- What was one key moment that stood out (good or bad)?
- How did you respond when under pressure or when momentum shifted?

This helps you learn to read the game better and stay composed.

QUICK CHECK-IN

Rate yourself honestly in five key areas (1 = Needs improvement, 5 = Excellent).

Focus & Effort - Communication - Decision-Making - Positivity / Team Support - Skill Execution.

This helps tracks your progress and highlight where practice may help.

GAME REFLECTION

FOR PLAYERS

GAME FOCUS

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

Do you feel you achieved these goals? Why or why not?

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PERSONAL PERFORMANCE

What did you do well in today's game?

What do you want to improve on for next game?

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TEAM CONTRIBUTION

How did you contribute to your team's success in today's game?

How did you support your teammates during challenges or momentum shifts?

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GAME AWARENESS

What was one key moment that stood out to you in the game?

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How did you respond when under pressure?

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FEEDBACK & GROWTH

What feedback did you receive from your coach (or teammates)?

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What is one SMART goal you'll set for next game?

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SMART Goal - **S**pecific **M**easurable **A**chievable **R**elevant **T**ime-bound

QUICK CHECK-IN

Rate each on a scale of 1-5 (1 = Needs improvement, 5 = Excellent)

AREA

Focus & Effort

Communication

Decision-making

Positivity / Team Support

Skill execution

1 2 3 4 5