

Name

**POST GAME - SELF ASSESSMENT**

Against

Score

Skill	Elements	Key 1	Key 5	Rating
<b>Pointing</b>	Preparation	Rushed	Deliberate	1 2 3 4 5
	Length	Long/Short	Right Length	1 2 3 4 5
	Direction	Off-line release	Straight release	1 2 3 4 5
	Shot selection	Poor choices	Good choices	1 2 3 4 5
	Execution	Frequent errors	hit target zones	1 2 3 4 5
<b>Shooting</b>	Preparation	Rushed	Deliberate	1 2 3 4 5
	Length	Long/Short	Right Length	1 2 3 4 5
	Direction	Off-line release	Straight release	1 2 3 4 5
	Arc	too flat/or looped	optimum	1 2 3 4 5
	stability / fluidity	erratic	very stable	1 2 3 4 5
	accuracy	frequent misses	high hit rate	1 2 3 4 5
<b>Teamwork</b>	Decision making	tentative	decisive	1 2 3 4 5
	Offence	lost opportunities	took opportunities	1 2 3 4 5
	Defense	no resistance	best protection	1 2 3 4 5
	Terrain habits	erratic	stable routines	1 2 3 4 5
	support from team	negative	very supportive	1 2 3 4 5
	support given	none	right encouragement	1 2 3 4 5
	Flow	disjointed	'gelled'	1 2 3 4 5
<b>Mental</b>	confidence	intimidated	believed in ability	1 2 3 4 5
	shot concentration	distracted	clear, narrow focus	1 2 3 4 5
	between shots	anxious	relaxed, wide awareness	1 2 3 4 5
	personal decisions	tentative	decisive	1 2 3 4 5
	toughness	gave up	hung in there	1 2 3 4 5

**2 Key points to remember for next game**

1 \_\_\_\_\_

2 \_\_\_\_\_

**Game Highlight**

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