

REVIEW SHEETS

Training Review Sheet

Players are required to evaluate their training sessions as it can help with development and game understanding. This will also test concentration and attention when the coach is talking and explaining the coaching points of the session. Players are required to complete these review sheets at home after each session and match, and to bring it back the following week. You can find these sheets on our website, or photocopy the sheet from this booklet.

Name:

Date of Session:

Age Group:

What was tonight's topic, and what were the main coaching points?

Did you enjoy tonight's session? YES or NO - and explain why.

When could you use this drill or topic in a game and why/how?

If you were the coach, what topic would you do next week, and why?

Did you enjoy the ball mastery? YES or NO - and explain why.

What was the move/skill/trick of the night? Explain it.

How would you rate your session tonight, with 1 being the lowest?

1	2	3	4	5	6	7	8	9	10
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Match-Day Self Review Sheet

Players are required to evaluate their matches because it can help their individual development and game understanding. This will also test each player's concentration and attention when the coach is talking and explaining the coaching points of the match.

Name:

Date of Session:

Age Group:

What were the main coaching points for today's game?

Did you enjoy today's match? YES or NO, and explain why.

Did your team and you achieve your coach's targets in the game?

Which team did you play today? What did they do well and not so well?

Did you do any of the ball mastery in your match today? If so, when?

What was your favourite part of the game? Explain why.

How would you rate YOUR performance today, with 1 being the lowest?

 1 2 3 4 5

How would you rate the THE TEAM'S performance today, with 1 being the lowest?

 1 2 3 4 5

What would you do next time when playing this team as a team and as a player? Explain how in both cases?

