

POST-GAME EVALUATION

Structured Self-Assessment Form

- | | |
|------------------|----------------------|
| ▪ Date: _____ | ▪ Competition: _____ |
| ▪ Level: _____ | ▪ Partners: _____ |
| ▪ ▪ Venue: _____ | ▪ ▪ Duration: _____ |

MY 3 STRENGTHS IN THE GAME

1. Strength identified:

Concrete example / Situation:

2. Strength identified:

Concrete example / Situation:

3. Strength identified:

Concrete example / Situation:

MY 3 AREAS FOR IMPROVEMENT

1. Point to improve:

Problem situation:

2. Point to improve:

Problem situation:



3. Point to improve:

Problem situation:

■ ACTION PLAN - NEXT GAME

· Habit to practise #1:

· Habit to practise #2:

· Main technical focus:

· Specific mental goal:

■ **METHODOLOGICAL REMINDER:** Focus on **1 major improvement** at a time. Excellence is built through iteration, not revolution.

LEADERSHIP ACADEMY 4

Lead – Learn - Inspire

