



Post Tournament Reflection

Take some time after your tournaments to reflect on the following. This will give you some insight when you are emailing or calling the coaches and it will also provide a reference when you get ready to practice.

What are 3 things you did well today?

1.

2.

3.

What are 3 things you need to improve on?

1.

2.

3.

What are 3 specific ways (actions, drills, etc) that you can improve on these areas?

1.

2.

3