

**'Elbows'**  
**Debrief - teams & individuals**

**TEAM: Debriefing performance in event championship**

**Event name**.....

**Team members, request for responses**

It is imperative as fair dinkum achievers that we always review performance. Sometimes even wins hide sins. How else can we together steer for the future.

May I ask you to consider responding to the following pages as a means of guiding us for the future in training, selection and competition with the eye on championship winners within three years.

I would ask that you consider ranking your rink of four for each game by completing the table below as this gives a statistical feel to the written answers.

**1. Player rating performances**

1-2=no good; 3-4= just a Game; 5-6=solid, OK; 7-8= very very good; 9= exceptional; 10= perfect.

Insert the four surnames in the left column please.

Name	Game 1	Game 2	Game 3	Average	Range
Example	6	3	6	5	3-6
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S					
T					
S					

**2. Comment from players as feedback to improve team effort:**

What did your team and skip set out to achieve for you in the TEAM games.

What TEAM goals / game plans worked for the event.

What was the TEAM strength and weakness on the day.

Why did your TEAM win / lose.

What caused pressure in the TEAM.

Did you learn anything today from either your TEAM mates or your opponents, explain.

Was the training of the TEAM adequate for the event, explain.

Did you have the right TEAM / positions, explain.

Any other comment + or – you wish to make about you or the TEAM.

**'Elbows'**  
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**Personal team contribution: debriefing Personal performance**

**Event name**.....

You can use this page for either a singles event or for yourself as a member of the team. We always review performance (together) with the eye on your future goals. Sometimes even wins hide sins.

**Player rating performances**

Using these numerals to rate your game's performance (1-2 = no good; 3-4 just a game; 5-6 = solid, OK; 7-8 = very, very good; 9 = exceptional; 10 = perfect), how would you rate each game in the recent event **(insert figure)**.....

What % level standard did you perform at **(insert a % figure)**.

What did you set out to achieve (goal, game plan, 'pb').

What specific goals / game plans worked well.

Why did you win / lose.

What was your strength and weakness on the day.

What caused pressure in this event.

What do you change / can we change for you to win (more often).

What did you learn from any of your opponents.

Was your own effort at training adequate for the event, explain.

Any other comment + or – you wish to make about your effort.

Enjoy the journey, it certainly should be fun.

Lachlan Tighe, Elbows squad coach, .2015