

Debriefing Your Performance

Question:

Lachlan:

I have read a few times in your many articles that we ought to debrief our performance. Can you give me some guide as to what I would be asking myself to gauge the performance, apart from me winning or losing.

Thanks

Response:

This is a simple answer in that you need to know what you set out to achieve in winning.

If I was your coach, a pattern of our discussion may be as follows:

What was your specific goal for the latest competition?

What was the best aspect of your performance at the recent games?

What strategy worked well to be the best part of your singles (or team) game plan?

What was planned for and not done and why?

Why did you win / lose?

What tactical approaches were successful and which were inadequate?

What mental approaches were successful and which were inadequate?

Explain what placed you under pressure?

How will you deal with it (pressure) in future?

How would you rate your performance?

How could you improve on the performance you gave at the recent games?

(Note what was done well, the mistakes and the reasons for them).

The premise behind all this is that you planned how you were to play the game; you set measurable objectives of your performance.

Very few bowlers do this. Elite representative bowlers around the world do it more today than ever before, but it is still not universally done.

Therefore don't be too critical of yourself if this is a new approach to your game.

Lachlan Tighe, 2017