

# COACH REFLECTION

POST-SESSION REVIEW

DATE \_\_\_\_\_

TEAM / GROUP \_\_\_\_\_

SESSION TYPE \_\_\_\_\_

FOCUS \_\_\_\_\_

## 1 QUICK SNAPSHOT

Session Quality	1	<input type="radio"/>				
Player Engagement	1	<input type="radio"/>				
Focus	1	<input type="radio"/>				
Intensity	1	<input type="radio"/>				
My Energy	1	<input type="radio"/>				
Session Planning	1	<input type="radio"/>				

## 2 KEY REFLECTION

**What worked well?**  Drills  Game play  Feedback  Setup  
 Communication  Other

**Limitations?**  Time management  Space / equipment  
 Player numbers  Clarity of intent  Intensity  Other

**Coaching focus:**  Highly effective  Partially landed  Missed the mark  
 Need to revisit

**My presence was:**  Fully present  Mostly there  Distracted / off

## 3 MICRO WRITING

<p>What did I do well?</p> <hr/> <hr/> <hr/>	<p>Negative moments?</p> <hr/> <hr/> <hr/>
<p>One thing I'm taking away</p> <hr/> <hr/> <hr/>	<p>Players responded best to...</p> <hr/> <hr/> <hr/>

## 4 PLAYER IMPACT

Learning  High  Med  Low

Engagement  High  Med  Low

Game Transfer  High  Med  Low

What could I do better?

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## 5 ONE ACTION FOR NEXT SESSION

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## CONFIDENCE FOR NEXT SESSION

1  2  3  4  5  6

## WOULD I RUN THIS SESSION AGAIN?

Yes  Adjust  No

## NOTES / COMMENTS

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## WHAT DRILLS / GAMES SHOULD I USE AGAIN?

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FREE COACHING RESOURCES

[www.therugbyinstitute.com](http://www.therugbyinstitute.com)