

# Pre/Post Game Reflection

Hey y'all! Reflection is an important part of learning from your successes and mistakes after games. This template is great for keeping track of your progress in your sport and can be used to track how your mental state affects your game performance.

Game: \_\_\_\_\_ vs. \_\_\_\_\_ Score: \_\_\_\_\_

1. What was I feeling before the game?

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2. What was I feeling during the game?

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3. What was I feeling after the game?

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4. What did I do well?

a. \_\_\_\_\_

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b. \_\_\_\_\_  
\_\_\_\_\_

**5. What do I need to work on?**

a. \_\_\_\_\_  
\_\_\_\_\_

b. \_\_\_\_\_  
\_\_\_\_\_

**Game:** \_\_\_\_\_ **vs.** \_\_\_\_\_ **Score:** \_\_\_\_\_

**1. What was I feeling before the game?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2. What was I feeling during the game?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3. What was I feeling after the game?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**4. What did I do well?**

a. \_\_\_\_\_  
\_\_\_\_\_

b. \_\_\_\_\_  
\_\_\_\_\_

**5. What do I need to work on?**

a. \_\_\_\_\_  
\_\_\_\_\_

b. \_\_\_\_\_  
\_\_\_\_\_

**Game:** \_\_\_\_\_ **vs.** \_\_\_\_\_ **Score:** \_\_\_\_\_

**1. What was I feeling before the game?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2. What was I feeling during the game?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3. What was I feeling after the game?**

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**4. What did I do well?**

a. \_\_\_\_\_  
\_\_\_\_\_

b. \_\_\_\_\_  
\_\_\_\_\_

**5. What do I need to work on?**

a. \_\_\_\_\_  
\_\_\_\_\_

b. \_\_\_\_\_  
\_\_\_\_\_

Game: \_\_\_\_\_ vs. \_\_\_\_\_ Score: \_\_\_\_\_

**1. What was I feeling before the game?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2. What was I feeling during the game?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3. What was I feeling after the game?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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**4. What did I do well?**

a. \_\_\_\_\_  
\_\_\_\_\_

b. \_\_\_\_\_  
\_\_\_\_\_

**5. What do I need to work on?**

a. \_\_\_\_\_  
\_\_\_\_\_

b. \_\_\_\_\_  
\_\_\_\_\_

**Game:** \_\_\_\_\_ **vs.** \_\_\_\_\_ **Score:** \_\_\_\_\_

**1. What was I feeling before the game?**

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**2. What was I feeling during the game?**

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**3. What was I feeling after the game?**

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**4. What did I do well?**

a. \_\_\_\_\_

\_\_\_\_\_

b. \_\_\_\_\_

\_\_\_\_\_

**5. What do I need to work on?**

a. \_\_\_\_\_

\_\_\_\_\_

b. \_\_\_\_\_

\_\_\_\_\_

**Reflection:**

**Have I improved on anything throughout these past games? If so, what?**

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