

Reflection Example 1

Event: Overseas Attachment Stint	Date: 1 Jan – 14 Jan 2018
What	<p><u>Before training:</u> Coaches arrived earlier to prepare the trainings. Before the start of training, the coaches briefed the team on training objectives and words to motivate the team. The coaches were doing a lot of 'Telling'. Training started with static warm up.</p> <p><u>During training:</u> Coaches were very motivated and patient. They were always moving around the courts giving feedback and demonstrations to the players. There were a lot of interactions going on. However, it seemed that it was mainly a one-way communication. The players were only seen nodding their heads.</p> <p><u>After training:</u> Debrief was conducted. The coaches summarised day's training and re-emphasized purpose of training. No feedback was gathered from the team. Cooling down was not enforced.</p>
So What	<p>It was professional of the coaches that they arrived early to prepare for the training. The training was well structured and progressive. The objectives were clearly communicated to the team. This is very important as the players will train with a purpose and not just going through the motion. However, the coaches didn't check the players' understanding of the training programme by asking the team questions. Training started with static stretching which was not very ideal.</p> <p>The coaches ensured that they paid attention to each player. Each coach was assigned to a group of 6 – 8 players. The coach could solely focus on the players that he had. This allowed him to have a more individualised programme for each player.</p> <p>After debrief, cooling down / stretching was done hastily. The coaches could remind the players but ultimately the players should take ownership of their cooling down / stretching.</p>
Now What	<ol style="list-style-type: none"> 1. Instead of briefing the players of the programme of the whole training sessions, break the session into 3 segments. Brief objectives and feedback before and after each segment of the training session. 2. Check for understanding by asking players questions before start of each segment. 3. My team already doing dynamic warm up. Continue to do so. 4. Less tell, more ask, dependent on level of players. 5. Break the team into smaller groups rather than 1 big group. My coaches can concentrate on the players under their charge. This will allow the coaches to have more responsibilities taking the training rather than just assisting.