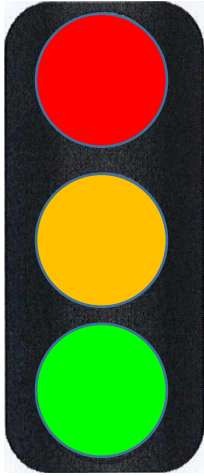


Reflection Example 2



1-2 things I should STOP doing:

1. Telling the players what to do on everything

1-2 things I should CONTINUE doing:

1. Continue with Dynamic Warming Up
2. Check for safety

1-2 things I should GO and do:

1. Ask the players before, during and after training
2. Break the team into smaller groups

My Notes:

I have observed that the coach is the autocratic type. There was no communication between the coach and the athletes. I suspect that the athletes don't understand the drill that the coach was explaining to them. My suspicion was confirmed when I checked with the coach.

I realised that I behaved in the same way as the coach. My athletes looked lost at times during my training.