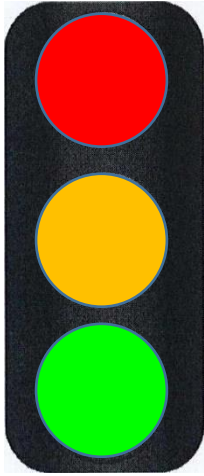


### Reflection Example 3



1-2 things I should STOP doing:

1. Stop using mobile phone during training
2. Focusing on end results

1-2 things I should CONTINUE doing:

1. Continue to be patient
2. Brief the team on the training's objectives before training

1-2 things I should GO and do:

1. Check on the players' condition during training as well
2. Provide feedback on process

### **My Notes:**

I realised that I was looking at my phone at times of the training session. During the drill, I instructed the players to kick harder so that the ball will land in the opponent's penalty box. But I didn't tell them how to do it. In the end, the players didn't meet the objectives of the training.