



**Post Tournament Reflection
Questionnaire**

Name of Tournament _____

Do you believe that your pre-tournament preparation was adequate and that you personally were physically and mentally prepared for competition at this Elite

level?: _____ Did you fully understand your role in the team?: _____

How would you rate the team performance?: _____

Were you confident of your technical ability to competently play in the position for which you were selected?: _____ Did you at any stage feel that you were completely outplayed?: _____

When did you feel relaxed and on top of your game?: All the time: _____
Some of the time: _____ Not at any stage: _____

Did you feel confident in your ability to deliver the performance standard that was expected of you as an Elite player?: _____

Did you feel that your team played as cohesive unit?: _____ If not, please say what you feel the problem was: _____

What are your thoughts as to what factors caused your team to lose certain games, if any?: _____

What were your pre-tournament expectations regarding team performance and success rate?: _____

Were your expectations met?: All: _____ Some: _____ None: _____

How would you rate the overall standard of your opponents?: Very good: _____
Good: _____ Fair: _____ Average: _____

Did you exude a POSITIVE ATTITUDE in all the games throughout the tournament?: _____

How would you rate your mental toughness?: _____

How would you rate your commitment and work ethic?: High: _____
Average: _____ Low: _____ Needs improving: _____

Do you believe you put in 100% effort throughout the Tournament and including pre-tournament preparation?: _____

Do you believe you contributed positively to the synergy and team spirit of your team and the group?: _____ Do you believe that in this Tournament, we achieved our objectives?: _____ If not, then how can we achieve better outcomes?: _____

