

Athlete Debriefing Sheet

Please complete the following sheet after every competition round.

Please rate yourself using the rating scale listed below.

Competition:

Date:

Venue:

Rating Scale:

1 = Lots of work to do 2 = Working on it 3 = Average 4 = Nearly there 5 = I'm ready

Psychological:

Rating

How did I feel about competing?	1	2	3	4	5
Did I warm up my brain?	1	2	3	4	5
Visualisation	1	2	3	4	5
Refocusing	1	2	3	4	5
Pre-shot routine	1	2	3	4	5
Following game plan	1	2	3	4	5
Concentration	1	2	3	4	5
Stress management	1	2	3	4	5

Technical:

Driving	1	2	3	4	5
Fairway woods	1	2	3	4	5
Long irons	1	2	3	4	5
Mid irons	1	2	3	4	5
Short irons	1	2	3	4	5
Pitching	1	2	3	4	5
Chipping	1	2	3	4	5
Bunkers	1	2	3	4	5
Long putts	1	2	3	4	5
Short putts	1	2	3	4	5
Shot shaping	1	2	3	4	5
Recovery	1	2	3	4	5

Physical:

Did I stretch/warm up my body?	1	2	3	4	5
Did I stretch during the round?	1	2	3	4	5
Did I follow my recovery plan?	1	2	3	4	5

Tactical:

Did I follow my game plan?	1	2	3	4	5
Course management	1	2	3	4	5
Acknowledgement of red/green light holes	1	2	3	4	5
Did I react to my score?	1	2	3	4	5

Organisational:

Equipment	1	2	3	4	5
Food	1	2	3	4	5
Fluid	1	2	3	4	5
Transportation	1	2	3	4	5
Caddy	1	2	3	4	5
Yardages	1	2	3	4	5

I feel I improved in this/these area/s:

I need to improve the following:

List two shots you thought were great:

Other comments: