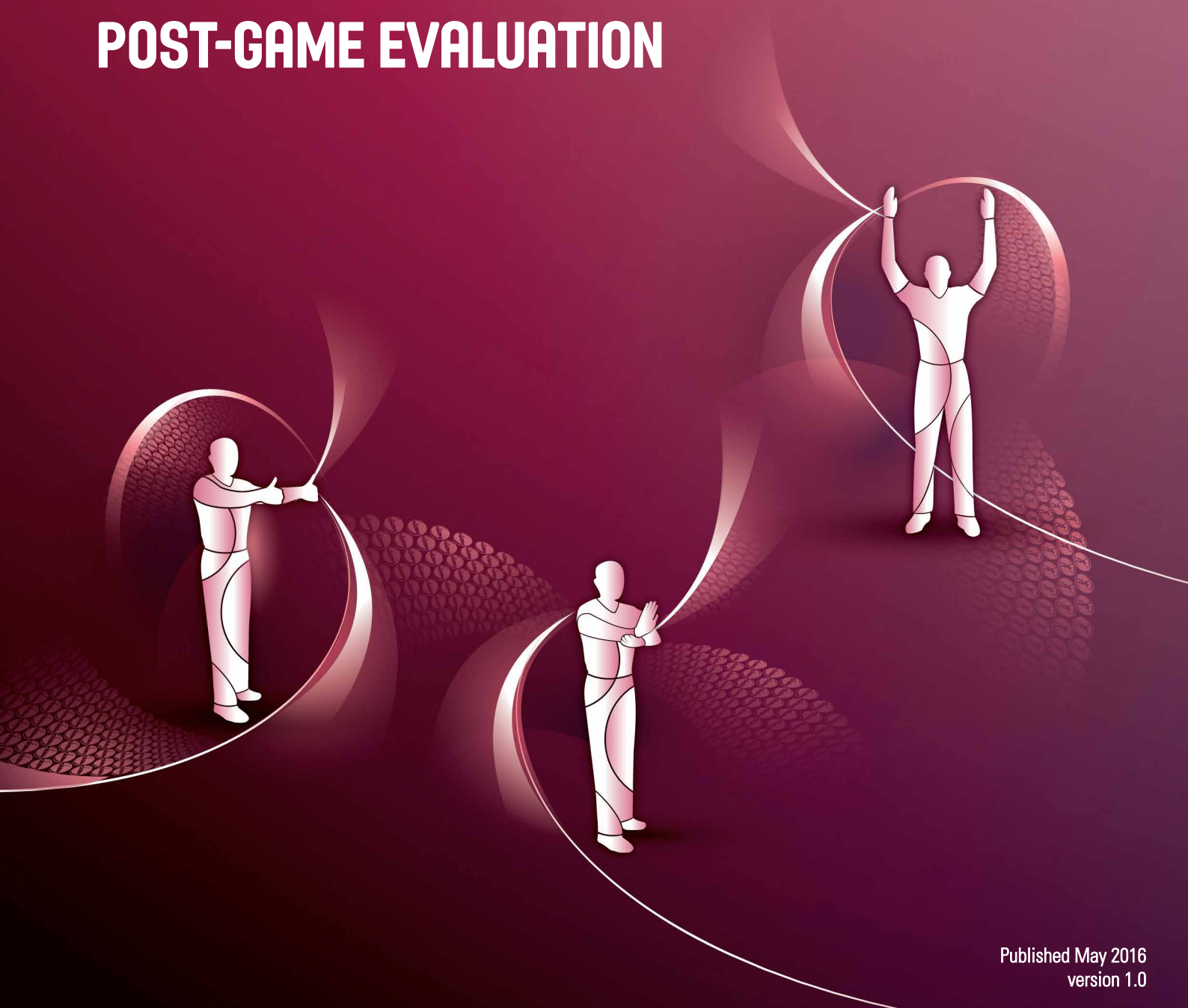




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IMPROVE YOUR... MENTAL TRAINING - POST-GAME EVALUATION



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CHAPTER 7: POST-GAME EVALUATION

Self-evaluation after the game can help you to **learn** from your experience and **improve** your performance for the next game. By doing a self-evaluation you can recognize some patterns of your performance and behavior that contribute to a good or a bad performance.

The best period of the game analysis is **within 24 hours after the game**. Your memory is still fresh and you can easily recall many situations that you'd like to reconstruct. Use this information to maintain or modify your pre-game preparation and behavior.

EXAMPLE 7.1: You may find that bad team work and different criteria among the crew is a result of a poor pre-game conference between crew members. According to that finding you can think about possible solutions for the pre-game topics for the same (or other) crew at some other game.

While doing the self-evaluation it is important to be honest to yourself, as well as objective and constructive. If game was video recorded you can also see the game more objectively and more detailed. Video analysis information will help you understand some situations even better when you are watching them from the "camera point of view", with some time delay.

EXAMPLE 7.2: By watching the video of the situation in the 3rd period of the game, you find out that you did a bad decision (no call) because you did not do appropriate mechanics position and did not have a good angle to see that contact. Then, for each situation that you find wrong, search the solutions and put on the paper in a way "What can I do differently next time in the same or a similar situation to prevent the same mistake from happening again?!"

While doing the self-evaluation it is important to search both the situations where your performance was great, and situations you are not satisfied with. You can identify strong and weak areas and find the underlying reasons for your performance (either good or bad).

EXERCISE 7.1: VIDEO – ANALYSIS COMBINED WITH IMAGERY

After the game search through video for the situations that you would like to analyze more than others.

1. Search for 2-3 great situations – where you were at your best and made a very good decision.
 - See what did you do good and what was your decision or move.
 - Repeat the same situation once more, and store it in your memory.
2. Search for the 2-3 poor situations – where you were not done a good job – bad decision or movement.
 - See what did you done wrong – bad decision or movement.
 - Search for the solution for the same situation – what will you do if this or similar situation happen again? Be specific and affirmative! - What you should do, not what you should not to do! Change the script of that situation so that the outcome is better.
 - Repeat that solution and changed script also through imagery scenario, first from external point of view – to see how this should look like, if you watch it on the TV. Then, repeat it through internal point of view – like you are doing it in the real situation.
 - Continue rehearsing this new outcome until you feel confident being able to cope with the original circumstances.

STANDARD QUALITY

GLOBAL CONNECTION

International Basketball Federation
FIBA
Route Suisse 5 - PO Box 29
1295 Mies
Switzerland

Tel: +41 22 545 00 00
Fax: +41 22 545 00 99