The Athlete Practice Reflection

Turn one practice memory into a useful coach question.

An honest self-evaluation records an action and an uncertainty without turning either into a judgment of personal worth.

Example: an athlete remembers starting early at a station. They record that action, ask what the signal means, and carry the coach's clarified waiting instruction into the next session.

01 Recall the task

Choose a specific practice moment.

Session and task reviewed

Action I actually attempted

Detail I remember clearly

Detail I cannot confirm

02 Separate the interpretation

Keep assumptions visible.

Observation in plain words

Meaning I assumed

Question about that assumption

Part outside my knowledge

The Athlete Practice Reflection / Review & follow-through

03 Find the question

Identify understanding and uncertainty.

Instruction clearer now

Example showing that understanding

Step still unclear

Specific question for the coach

04 Carry the answer

Record appropriate coach input.

Coach answer received

Current task in my own words

Adult support needed

Next suitable session to review