

MATCH PREPARATION SHEETS



There are many ways to organize a match preparation sheet. Here are the features of this particular Match Plan & Review sheet:

Lead-up:

Space is given to record elements that happen leading up to the performance. This function is particularly important to design preparation that enhances good performance. For example, if the majority of good performances had good eating and sleep patterns leading up to the performance, they should be included in your preparation routine.

Match Objectives:

Space is given for maximum 3 objectives. More objectives will tend to overload a player.

- Space is given to write out the details of the objective.
- There is also space to place a “Key Word” or phrase as a quick, ‘reminder at a glance’. When playing, it is usually the Key Word that is enough. If a player is particularly ‘off task’ they may need to review the details of the objective.
- Objectives can be Psychological, Tactical, or Technical. The player chooses which is important to them.

Objective Review:

The sheet also acts as a post match evaluation tool that can be used by player or coach. Space is given to rate how well a player has executed the stated objectives. Then the player must reflect on why they executed well or poorly. This review process can help to shape realistic objectives that players actually use rather than ones just created for the sake of filling a sheet.

Mental Script:

During play, a player only needs simple process points to remain ‘on task’. The idea is not to consciously think about details of play. “Scripting” is a way to keep focussed on the simple keys of play. Space is given to write key Script words for each of the 4 Point Stages that occur in every match.

- Initiate the point (with Serve or Return)
- Build the Point (from the baseline)
- Advantage
- Finish/Stay-in

What is created is a “match script” that a player can follow.

Refocus Plan:

Space is given for a player to write a simple note to themselves when things get tough and the pressure is mounting. Players need to identify what happens when they are distracted (bad call, poor play, etc.). The idea is to give themselves advice on how to stay with the match and keep focussing.

Learning:

In this section a player can write down what they learned from the match. Even losing a match can be a positive step towards improving when one seeks a lesson to learn. Every match can propel a player to improvement. This space is at the bottom of the page so these lessons can be easily found when looking through old Match Plan & Review sheets.

This sheet has been created by Canadian national level 4 coach, Wayne Elderton in cooperation with players, coaches and sports psychologists. Special thanks the Psychologist Laura Farres who provided valuable additions to the sheet. This tool has been found to be very practical and can be adapted for almost any level of tournament competition.

PLAYER: _____	OPPONENT: _____
EVENT: _____	DATE: _____ TIME: _____ SCORE: _____

MATCH OBJECTIVES:

LEAD-UP ACTIVITIES

What did I eat today?

- | | | | | |
|-------------------------------------|------------------------------------|-------------------------------|----------------------------------|-------------------------------|
| How well did I sleep last night? | <input type="checkbox"/> Excellent | <input type="checkbox"/> Good | <input type="checkbox"/> Average | <input type="checkbox"/> Poor |
| How do I feel right now mentally? | <input type="checkbox"/> Excellent | <input type="checkbox"/> Good | <input type="checkbox"/> Average | <input type="checkbox"/> Poor |
| How do I feel right now physically? | <input type="checkbox"/> Excellent | <input type="checkbox"/> Good | <input type="checkbox"/> Average | <input type="checkbox"/> Poor |

Key word or phrase
1.

1. REVIEW: How well did I execute this objective on a scale of 1 (poor) to 10 (Executed well). Why? _____

Key word or phrase
2.

2. REVIEW: How well did I execute this objective on a scale of 1 (poor) to 10 (Executed well). Why? _____

Key word or phrase
3.

3. REVIEW: How well did I execute this objective on a scale of 1 (poor) to 10 (Executed well). Why? _____

MENTAL "SCRIPT"
Create Cue Words or phrases to trigger the proper mental state or performance.
Feeling: Create a feeling for what you want to do: " <i>Dance</i> ", " <i>Explode</i> ", " <i>Bounce</i> ", " <i>Breathe</i> ", " <i>Soft</i> ", " <i>Calm</i> ", etc.
Tactical/Technical: Support something that may break down: " <i>Lift</i> ", " <i>Angle</i> ", " <i>Step</i> ", " <i>Dip</i> ", etc.
Attitude: Tell yourself you're doing well & inspire confidence: " <i>Yes!</i> ", " <i>Come-on!</i> ", " <i>Believe</i> ", " <i>Trust</i> ", " <i>Do it</i> ", etc.
Initiate the Point (When Serving):
Initiate the Point (When Returning):
Build the Point (from the baseline):
Finish:
Stay-in:

- | | | | | |
|---|------------------------------------|-------------------------------|----------------------------------|-------------------------------|
| How would I rate the quality of my warm-up/preparation today? | <input type="checkbox"/> Excellent | <input type="checkbox"/> Good | <input type="checkbox"/> Average | <input type="checkbox"/> Poor |
| How would I rate my mental performance today? | <input type="checkbox"/> Excellent | <input type="checkbox"/> Good | <input type="checkbox"/> Average | <input type="checkbox"/> Poor |
| How would I rate my tactical performance today? | <input type="checkbox"/> Excellent | <input type="checkbox"/> Good | <input type="checkbox"/> Average | <input type="checkbox"/> Poor |
| How would I rate my technical performance today? | <input type="checkbox"/> Excellent | <input type="checkbox"/> Good | <input type="checkbox"/> Average | <input type="checkbox"/> Poor |

REFOCUS PLAN: How can I re-focus when things are going poorly?

LEARNING: (What can I take from this performance to improve?)