

**Method of collecting data – Self profiling sheet****Approach to performance development – mental rehearsal****Monitoring tool – Re-test of self profiling sheet and evaluative comparisons and statements**

(This looks like a cycle of analysis – the way to improve performance)

**Method of collecting data – Self profiling sheet**

Self profiling sheet is a method you complete yourself on how you feel you are performing. The focus of this self profiling sheet is decision making. For the data to be accurate it needs to be a true reflection on how you feel. We are going to complete this sheet during some 3 v 3 matches.

Read the statements before playing and after the match fill in the table.

*Self profiling sheet – Date* \_\_\_\_/\_\_\_\_/\_\_\_\_

<u>Statement on Decision Making</u>	True	False	Some true/some false	Not applicable
I choose to drive to the basket and attempt lay ups when I have an open basket or I am against 1 defender				
I pass the ball to players in space				
I instantly dribble the ball when I receive it				
I mark my opponent constantly in defence (man to man)				
I can rebound the ball and bring it down to waist height and decide to shoot, pass or dribble				

From the data you have just gathered write evaluative statements on your decision making:  
(remember because and positive and negative statements)

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