Name_____

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 <u>decision making</u>. 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.

Statement on Decision Making	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				
l 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				

Self profiling sheet – Date ____/____

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

Approach to performance development – mental rehearsal

Mental rehearsal is an approach you can use to develop decision making. The approach is:

Relax ->->->-> Rehearse ->->->-> Results

Relax yourself and clear your head. Rehearse decision making strategies in your head (think about the five in the table) think about the decisions you do well and think about the decisions you need to improve on and 'see' yourself doing these decisions correctly.

Why do you use mental rehearsal (to improve decision making and generally)?

- 1. I use mental rehearsal <u>because</u> I get to practice in your head before performing.
- 2. I use mental rehearsal because I get to focus on the task at hand.
- 3. I use mental rehearsal <u>because</u> I get to train without moving so I don't get physically tired
- 4. I use mental rehearsal <u>because</u> it forms the same pathways in my brain as if I were actually doing the skill/decision in the game

Monitoring tool – Re-test of self profiling sheet and evaluative comparisons and statements

Statement on Decision Making	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				

Self profiling sheet – Date ____/___/____

From the data you have just gathered <u>explain</u> how your decision making has changed (remember because)