

REFLECTION

How to effectively reflect on your performance



G

Goals and Focus

What were your objectives?
What were you trying to achieve?
What did you focus on?



R

Reality

What did you actually do?
How close did you perform to your race plan?
Compare with your observations
e.g video, timing, position, etc



O

Options

What can you do to bridge the gap?
What were your other options?



W

What...

What could you have done differently?
What will you do differently at the next race?
What are your actions?