

# Pre-Match Routine



Name:

Date:

Vs \_\_\_\_\_ Position Playing: \_\_\_\_\_

Time:

**Day/Night Before**

List all kit to pack  
List what food to bring  
Sleep

**Before the match**

Wake up time, breakfast, leaving time

**At the venue**

Warmup routine, get dressed, music, what are you thinking?

# Post-Match Reflection



Did you follow your pre-match routine?

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Is there anything you want to change/improve about your routine?

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What went well during the match?

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What needs to improve for the next match?

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How will you improve this?

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Score out of 10 (1=Unsatisfactory 10=Excellent)

Performance:

Mentally Prepared:

Recovery: