

[Reproduced from Rushall, B. S. (2001). *Mental skills training for sports* (3rd ed.). Spring Valley, CA: Sports Science Associates.

### PERFORMANCE DEBRIEFING LOG

**Athlete's Name:** .....

**Date:** .....

**Competition:** .....

**Event:** .....

1. Rate the standard of your performance:

great ..... good ..... normal ..... poor ..... very poor .....

2. Briefly, indicate the general features of your competition strategy that went very well and need not be changed.

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3. Was there sufficient task-relevant content in the strategy? Where can it be improved? Indicate what needs to be done.

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4. What was planned but not done? Should it be altered? Indicate what needs to be done.

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5. What was done but had not been planned? Should those actions be included in the strategy? If so, record them below.

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**Performance Debriefing Log** (continued)

6. Was the positive self-statements' content sufficient to keep a positive approach and concentration on the task during the contest (particularly the intensification stage)? If changes need to be made record them below.

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7. Were the mood words satisfactory and used frequently enough? If changes need to be made enter them below.

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8. Does your concentration need to be improved? If so, how can that be accomplished? Record what you need to do.

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9. Did your intensification work? If it can be improved, what do you need to do? Enter your proposed actions.

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10. What features of your competition strategy need to be improved? How can these be practiced at training sessions? Enter appropriate activity descriptions below (i.e., what you would like to do at practice).

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**Performance Debriefing Log** (continued)

11. What are the technical and/or tactical features of your performance that did not go as planned? In the spaces below, list those features and the training activities that are appropriate to allow them to improve.

Items	Training activity

12. What features of the pre-competition strategy need to be altered? Should anything be done to increase your positiveness and/or focus? Record what needs to be done.

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13. Did your contest build-up routine work? Do you have to alter it to make it more effective? If so, record those things that you need to do.

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14. Should any of the content or actions that you have recorded above be used in other exercises (e.g., setting and evaluating personal activity goals - Exercise 3.4; the establishment of a daily positive focus - Exercise 4.1; and daily positive focus - Exercise 4.2)? If so, which ones? Enter your decisions below.

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**Performance Debriefing Log** (continued)

15. The final action in the debriefing procedure is to apply the decisions that have been made above to alter the strategies used for the competition that was debriefed. Make those alterations as soon as possible on your strategy worksheets. When they are completed, enter the information that is required below.

Date competition strategy was altered .....

Date pre-competition strategy was altered .....

This completes the debriefing procedure.