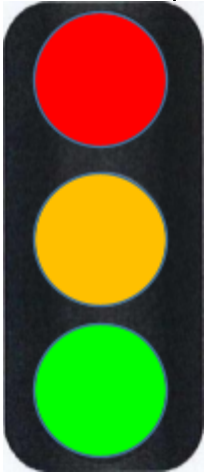


Reflection Template 1

Event:		Date:
What		
So What		
Now What		

Reflection Template 2



1-2 things I should STOP doing:

- 1.
- 2.

1-2 things I should CONTINUE doing:

- 1.
- 2.

1-2 things I should GO and do:

- 1.
- 2.

My Notes:

Reflection Example 1

Event: Overseas Attachment Stint		Date: 1 Jan – 14 Jan 2018
What	<p><u>Before training:</u> Coaches arrived earlier to prepare the trainings. Before the start of training, the coaches briefed the team on training objectives and words to motivate the team. The coaches were doing a lot of ‘Telling’. Training started with static warm up.</p> <p><u>During training:</u> Coaches were very motivated and patient. They were always moving around the courts giving feedback and demonstrations to the players. There were a lot of interactions going on. However, it seemed that it was mainly a one-way communication. The players were only seen nodding their heads.</p> <p><u>After training:</u> Debrief was conducted. The coaches summarised day’s training and re-emphasized purpose of training. No feedback was gathered from the team. Cooling down was not enforced.</p>	
So What	<p>It was professional of the coaches that they arrived early to prepare for the training. The training was well structured and progressive. The objectives were clearly communicated to the team. This is very important as the players will train with a purpose and not just going through the motion. However, the coaches didn’t check the players’ understanding of the training programme by asking the team questions. Training started with static stretching which was not very ideal.</p> <p>The coaches ensured that they paid attention to each player. Each coach was assigned to a group of 6 – 8 players. The coach could solely focus on the players that he had. This allowed him to have a more individualised programme for each player.</p> <p>After debrief, cooling down / stretching was done hastily. The coaches could remind the players but ultimately the players should take ownership of their cooling down / stretching.</p>	
Now What	<ol style="list-style-type: none"> 1. Instead of briefing the players of the programme of the whole training sessions, break the session into 3 segments. Brief objectives and feedback before and after each segment of the training session. 2. Check for understanding by asking players questions before start of each segment. 3. My team already doing dynamic warm up. Continue to do so. 4. Less tell, more ask, dependent on level of players. 5. Break the team into smaller groups rather than 1 big group. My coaches can concentrate on the players under their charge. This will allow the coaches to have more responsibilities taking the training rather than just assisting. 	

Reflection Example 2

Event: Weekly training		Date: 2 June – 27 June 2025
What	<p>Before training: Coach arrived early to prepare. Gather all players before start of session. Briefed them on warm up exercises followed by specific drills / routine.</p> <p>During training: Coach was patiently watching players executing their drills and at the same time motivating and encouraging them. Giving feedback whenever the need arises. Players were also encouraged to give feedback. So, there was good communication between the coach and players.</p> <p>After training: Gather the team to do warm down and share feedback. Coach will then summarise the day's training session.</p>	
So What	<p>Coach has been exemplary by arriving early for training. Preparing a structured training program for the session and communicated to the players clearly. Explained the objective of the session and every player was expected to perform their best. Players were grouped according to their standard.</p> <p>However, some players could not execute well according to the drills set.</p> <p>At the end of the training session, Captain was tasked to conduct warming down exercises for the team.</p>	
Now What	<p>To ensure every player understands the objectives of the training session.</p> <p>To reinforce the drill / routine with every player.</p>	

Reflection Example 3

NAME: JASMINE SOO PEI XIN	
TOPIC: The Responsibility of Being a Sports Coach	DATE: 8 October 2024
WHAT	As a sports coach, the responsibility goes beyond just teaching technical skills and tactics. It involves shaping the athletes' physical, mental, and emotional development. For example, in my role as a coach for young children, I'm not only responsible for guiding them through basic sports techniques but also for fostering a positive, encouraging environment that builds their confidence and love for physical activity. This responsibility requires consistent attention to safety, individual progress, and emotional well-being. It also means setting a good example through my behaviour, values, and interactions with both athletes and their parents.
SO WHAT	<p>This sense of responsibility is significant because it can have a lasting impact on athletes' development, especially with young children who are at a formative stage. My approach to coaching directly affects how they view sports and physical activity in the future. Being aware of this helps me to prioritize not only technical training but also holistic athlete development, such as promoting teamwork, self-discipline, and resilience. I also need to ensure that I am fostering a safe, supportive environment where children feel comfortable taking risks and learning from their mistakes.</p> <p>Additionally, this responsibility extends to ongoing personal development as a coach. By constantly updating my knowledge – whether in sports psychology, safety protocols, or age-appropriate coaching strategies – I ensure I'm providing the best possible guidance to my athletes.</p>
NOW WHAT	Moving forward, I can enhance my sense of responsibility by continuing my professional education, perhaps through additional certifications in youth sports coaching, first aid, or psychology. Implementing reflective practices after every session will also help me to identify areas where I can improve, whether in managing group dynamics or delivering feedback more effectively. I will also continue to communicate with the parents of my young athletes, ensuring that I am aware of each child's individual needs and that there's alignment in goals for their development. Ultimately, I aim to strike a balance between achieving sporting success and fostering personal growth, ensuring that the experience of being coached is positive and transformative for each child.

Reflection Example 4

NAME: JASMINE SOO PEI XIN	
TOPIC: Motivating Kids in Sports	DATE: 8 October 2024
WHAT	Motivating kids in sports involves creating an environment where they feel excited to participate, learn, and improve. As a coach, I have seen firsthand that children are motivated by different things—some enjoy competition, while others thrive on personal achievements or just having fun. My role is to identify these motivations and tailor my approach accordingly. For example, when I coach young children, I make sure the sessions are engaging and fun, incorporating games and challenges that capture their interest, while still teaching the fundamental skills of the sport.
SO WHAT	Motivating kids is essential because their early experiences in sports can shape their lifelong attitude towards physical activity. If they feel pressured or discouraged, they may lose interest or confidence in their abilities. Conversely, when children feel supported and enjoy themselves, they develop a positive relationship with sports, which can lead to better mental and physical health in the long term. By recognizing each child's unique motivation, I can foster an inclusive environment that encourages growth, persistence, and enjoyment. This also helps build trust between me and my athletes, making them more receptive to learning and improving.
NOW WHAT	Moving forward, I will continue to focus on understanding each child's motivation and adapting my coaching strategies accordingly. I'll make sure to provide both positive reinforcement and constructive feedback in a balanced way, so that every child feels a sense of accomplishment. I also plan to integrate more goal-setting activities into my sessions, helping kids feel a sense of progress and achievement. In addition, I'll explore more methods for keeping sessions fun and dynamic, ensuring that the love for sports continues to grow as they improve their skills. This might involve adding new drills, games, and creative ways to engage their interests while still maintaining the structure needed for skill development.