



## EVALUATING PERFORMANCE

*“The goal of evaluating performance is to help athletes speed up the learning curve. If we do not measure performance, how will we know if we are getting better at the specifics we are working on?”- Coach Ray*

I often ask clients how their game went to which they reply... “good” or “not so well.” This not only gives me little information about how best to help them, but of even greater importance/detriment, it does little for the player in learning from what just happened. Each game is a learning experience in which valuable information can be taken, learned from, improved by, and practiced in order to be better in the next game. **Each game you play, you should be a better player than ever before.** This does not mean the results should always get better, however the things that you choose to work on *that are inside your control...* can be better each game.

**WHY** is it important to properly evaluate performance? While many athletes allow their stats to tell the entire story, statistics tell a very small story compared to the rich information each game brings. The mature athlete bases his success on the process goals he or she sets for themselves and is focusing on; while the immature athlete bases all his or her focus on their results as the criteria for a “good or bad game.” A proper approach would be to evaluate performance on those things *inside your control* like your mental, physical/mechanical, and visual approach rather than on how many points you scored or hits you had, or strike outs you piled up. To take the results oriented approach (# of points/hits) would be to short change yourself of valuable feedback on what areas you performed well in and areas where you can still stand to improve. Example:

### **Process Oriented Example: Nemo Dubbs: (4 at bats) – Baseball Hitting Evaluation**

- Remembered to play with big body language and was confident I would get my pitch: 3-4 (3 out of the 4 at-bats)
- Committed to my routine and plan each pitch: 2-4 (2 out of the 4 at bats)
- Saw the ball well: 4-4
- Made contact on the sweet spot: 3-4
- Overall quality at-bats: 3-4
- Hit the ball hard: 3-4
- RESULTS? 2-4 (2 hits out of 4 at-bats)

Did Nemo have a good day at the plate? On paper Nemo was successful 2 out of 4 times. This tells us little. But dig a bit deeper and we see that Nemo saw the ball 4 times really well which is key to hitting. We saw that 3-4 times he remembered to walk to the plate with confidence and got “big.” We also saw that Nemo is still inconsistent in repeating his routine that gets him back to the preset moment and this might be due to allowing bad calls or bad swings to throw his emotions off. This is valuable information that gives him direction on what he can give greater attention to next practice.

# Post-Game Evaluation Form



Name: \_\_\_\_\_ Date: \_\_\_\_\_ Event: \_\_\_\_\_

Results: \_\_\_\_\_ Site: \_\_\_\_\_

What was today's MISSION:

To what degree did you achieve your performance MISSION?

Did not achieve goal at all    1 2 3 4 5 6 7 8 9 10    Completely Achieve Goal

### Pregame Focus

**Totally distracted**    1 2 3 4 5 6 7 8 9 10    **Totally Locked In**

External Distractions:

Internal Distractions:

### In game Focus

**Totally distracted**    1 2 3 4 5 6 7 8 9 10    **Totally Locked In**

NOTES:

### Overall Refocus Ability

**Totally Unable to Refocus**    1 2 3 4 5 6 7 8 9 10    **Quickly Able to Refocus**

Positive Refocus Moments:

Unable to Refocus Moments:

### Routines

**Forgot Routine**    1 2 3 4 5 6 7 8 9 10    **Consistently Used Routine**

I forgot my routine when... (ex: high pressure situation)

I remembered to use my routine when...

## PERFORMANCE CRITERIA

**Believing:** *No Self-Belief*    1 2 3 4 5 6 7 8 9 10    *Complete Self-Belief*

**Self-Talk:** *Discouraging*    1 2 3 4 5 6 7 8 9 10    *Encouraging*

NOTE: Tone/Timing/Text:

**Body Language:** *Poor*    1 2 3 4 5 6 7 8 9 10    *HUGE*

**Attention:** *Results Focused*    1 2 3 4 5 6 7 8 9 10    *Process Focused*

**Conviction:** *No Conviction*    1 2 3 4 5 6 7 8 9 10    *Complete Conviction*

**Mental Pace:** *Asleep*    1 2 3 4 5 6 7 8 9 10    *Way too AMPed*

**Aggressiveness:** *Babied it*    1 2 3 4 5 6 7 8 9 10    *Really Aggressive*

**Fear of Failure:** *Constant*    1 2 3 4 5 6 7 8 9 10    *Never*

Additional Criteria:

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

NOTES:

Most Proud of Today:

I Learned for Next Time:

