Game Analysis

Resilience is the ability to bounce back effectively from setbacks and failures.

Game Analysis is a **Resilience Exercise** to understand and reflect on what exactly happened in a performance, why it went wrong, and what action you will be committing to address it. Conscious reflection, admitting faults, analysing the reasons, and committing to actions, helps us increase our resilience and bounce back faster from poor performance, injuries, and losses.

Practical Exercise: Focus on your last poor performance. Write down the answers below.

1) **What 3 things specifically went wrong in your last Performance.**
   Example: off-target shots, weak passes, wrong move, lack of judgement

   i.   _____
   ii.   _____
   iii. _____

2) **What are the specific reasons for each fault in performance?**
   Examples: tiredness, distraction, low stamina, undeveloped technical skill

   i.   _____
   ii.   _____
   iii. _____

3) **What Specific Actions are you going to take to Prevent each fault from happening again?**
   Examples: change workout for stamina/fitness, increase mental training, train a specific skill for longer. Make sure to plan your action specific for each mistake.

   i.   _____
   ii.   _____
   iii. _____

Conducting a Game Analysis for every match or even for every practice will help in moving on from a bad performance and building resilience.