

HOW ATHLETES CAN SELF-ANALYSE

BROUGHT TO YOU BY THE PERFORMANCE ANALYSIS TEAM

DO YOU KNOW WHAT YOU'RE LOOKING FOR?

You and your coach could come up with some performance questions ready for when you review the footage



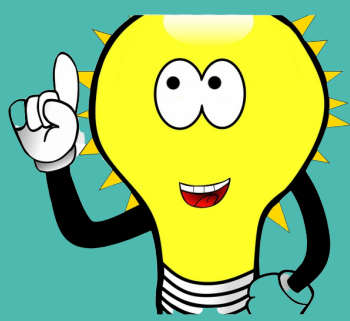
EXAMPLE QUESTIONS:

- *Can I predict the outcome of the race/match based on the events early on?*
- *How does my technical model compare to the Gold Standard?*
- *Can I identify the strategy used in this performance?*

TIME TO WATCH SOME FOOTAGE

FOOTAGE CAN BE FOUND ON DARTFISH TV

If you are unsure about watching your own footage, that's normal!



BENEFITS OF WATCHING YOURSELF:

- *Taking on Personal Responsibility*
- *Improved Self-Awareness*
- *Increased Clarity*
- *Personal Development*
- *Ability to give yourself feedback*

NEXT STEPS

COULD YOU ANSWER THE PERFORMANCE QUESTIONS?

QUESTIONING THE FOOTAGE

GIVE YOURSELF FEEDBACK

- *Can you list 3 things you did well?*
- *Can you list 3 things that you can improve on?*
- *Can you watch other athletes and identify what their plan was?*

