# POST MATCH EVALUATION RD

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Vs Murray Jumper no.\_\_\_\_\_\_\_\_\_**

**YOUR THOUGHTS ON YOUR OWN GAME? (HOW DO YOU THINK YOU WENT?) POSITIVES:**

**1.**

**2.**

**3.**

**4.**

**What were the areas that you said last week that you needed to work on? What did you do during week to improve on these (exactly)?**

**1.**

**2.**

**3.**

**4.**

**RATING (CIRCLE ONE): Poor Average Good**

**Rate yourself in the following areas: (Comment in the boxes)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Totals | **Disappointing** | **Fair** | **Good** | **Excellent** |
|  |  |  |  |  |
| ***BACKS***   * **Lateral kicks**- how many times do we switch the ball and get it the open side? Requires good decision making –where to run? where to spread? where are our teammates? Require width from backs/wings/forwards to react early to ball movement from switch. You need to look more openly across the ground and/or get more creative. |  |  |  |  |
| ***MIDFIELD***   * **Possession chains to inside F30**:  Mids to be involved in delivering inside F30 opportunities each quarter, 1or 2 each quarter to give you a goal without effecting your defensive mechanisms/set ups. 4-6 possessions in a row and should be going forward (let’s not continue to go backwards) BACK and SLOW =NO; BACK AND GO! |  |  |  |  |
| ***FORWARDS***   * **Turnovers/Resets 0-70**: How many Turnovers/Resets can the forwards create from our Forward half i.e. 0-70mtrs from goal. Forwards must defend when haven't got the ball or set up defensively if you are not influencing the contest. We want repeat entries!!!! Locate early, spoil, and tackle,   MAKE A CONTEST!!!!  STOPPAGE!!!!!  START AGAIN!!!!! |  |  |  |  |