

Task 1

First Quarter Observations

On the chart below keep track of the score down the centre line so you can see any 'runs' and jot down anything beside the scores that seems to be effecting your chosen teams psychological momentum in the game.

For example: error/intercept/defensive shut down at key moment etc.

TEAM 1	Score		TEAM 2
Anything impacting momentum	T1	T2	Anything impacting momentum
0-5 mins			
5-10 mins			
10-15 mins			

At the end of the Q1 where do you think the teams momentum is?



What would you do with your quarter time talk if you were 'coach'?



Task 2

Second quarter

What changes were made at Quarter time? Any/None?

How might that help?

Which area of court would you like to focus your attention on in Q2?

Attacking circle/end

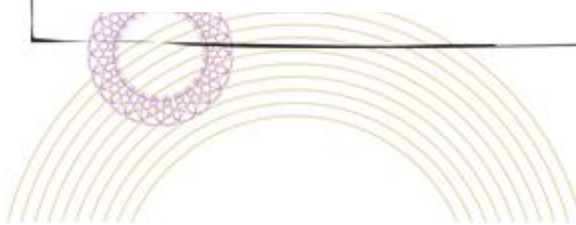
Centre third

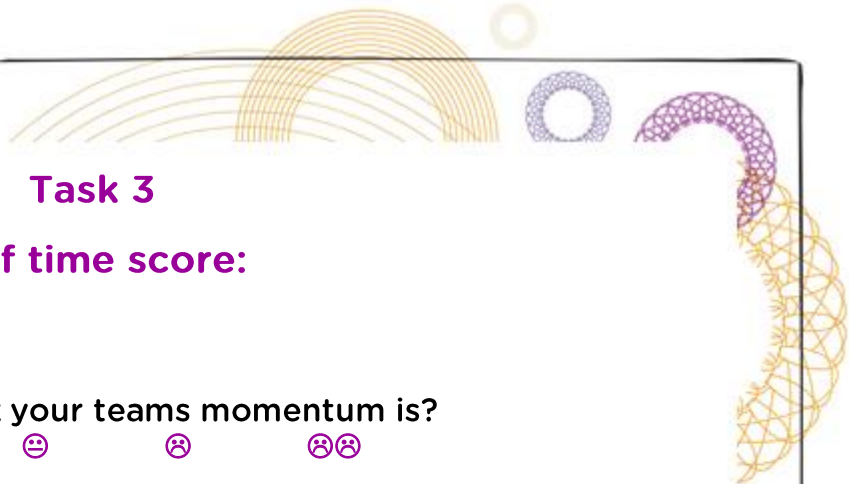
Defending circle/end

Repeat the same process for Task 3 Q1, but this time just focus on you area of the court to pick up examples from.

Look at the individual and unit work and record things you notice that give an indication of impacting the momentum from your chosen teams perspective:

Team 1	Score		Team 2
Examples:	T1	T2	Examples:
0-5 mins			
5-10 mins			
10-15 mins Add anything you notice from the team bench - players/ coaches too for the last 5 mins			





Task 3

Half time score:

At half time where do you think your teams momentum is?



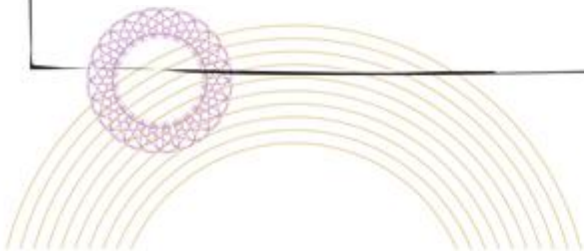
What makes you think this?

What would you do with your half time talk if you were 'coach'?

- What would you ask your players to do?

- What changes would you make, if any?

What do you notice the teams players and coaches doing to manage the emotions/concentration within half time?	
What changes have the coaching team made when players come back out for Q3?	
What impact do you think this will have on Q3?	



Task 4 Third Quarter

Team 1	Score		Team 2
	T1	T2	
0-3/4 mins What do you notice?			
4 - 12 minutes Choose 1 or 2 players to focus on - record what they do to impact momentum			
12 - 15 mins Choose another player(s) on court or on the bench - what do you notice?			

At the end of the Q3 where do you think the teams momentum is?



What would you do with your quarter time talk if you were 'coach'?

What impact are you hoping for in Q4?

Task 5

Reflections & Goal setting

What have you noticed caused momentum shifts within a game?

Positively	What challenges our momentum
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What did your team do to cope and generate positive momentum in today's game?

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What is your 'take home' message from your observations?

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When you go home, what will you now do with your team to:

Help impact momentum during a game positively?	To help your players cope with a momentum swing during a match?
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