

## In-competition: After the event

Whether an individual or team competition, the after event debrief is an important part of coaching.

Participants will display a range of moods depending on the competition outcome. In team situations, individuals may have different moods according to their own performance regardless of the outcome.

Core things for the Coach Developer to observe include:

- > acknowledgement of the efforts of all participants
- > engagement with all participants
- > check and if necessary reframe a participants mood resulting from competition outcome
- > provision of brief constructive feedback to participants
- > instructions on rest, recovery and preparation for next event if competition is not finished
- > that the coach is meeting the key expectations of the sport.

