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We Are Basketball

# **IMPROVE YOUR...** **MENTAL PREPARATION –** **POST-GAME EVALUATION**

Published June 2020  
version 2.0

This material is written by  
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The content is part of "Mental Preparation  
for Competitions" document (June 2020).

June 2020,  
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# IMPROVE YOUR...

## MENTAL PREPARATION – POST-GAME EVALUATION

### *POST-GAME EVALUATION*

Self-evaluation after the game can help you to **learn** from your experience and **improve** your performance for the next game. By doing a self-evaluation you can recognize some patterns of your performance and behaviour that contribute to a good or a bad performance.

The best period for conducting a game analysis is **within 24 hours after the game**. Your memory is still fresh and you can easily recall many situations that you'd like to reconstruct. Use this information to maintain or modify your pre-game preparation and behaviour.

**EXAMPLE 1:** You may find that bad team work and different criteria among the crew is a result of a poor pre-game conference between crew members. According to that finding you can think about possible solutions for the pre-game topics for the same (or other) crew at some other game.

While doing the self-evaluation it is important to be honest to yourself, as well as objective and constructive. If the game was video recorded you can also see the game more objectively and more detailed. Video analysis information will help you understand some situations even better when you are watching them from the "camera point of view", with some time delay.

**EXAMPLE 2:** By watching the video of the situation in the 3rd quarter of the game, you find out that you made a bad decision (no call) because of your mechanics / position and therefore did not have a good angle to see the contact. Then, for each situation that you find wrong, search for solutions and write them down in a way "What can I do differently next time in the same or a similar situation to prevent the same mistake from happening again?!"

While doing the self-evaluation it is important to examine both situations where your performance was great, and situations you are not satisfied with. You can identify strong and weak areas and find the underlying reasons for your performance (either good or bad).

#### **EXERCISE 1: VIDEO – ANALYSIS COMBINED WITH IMAGERY**

After the game search through the video for situations that you would like to analyse more than others.

1. Search for 2-3 great situations – where you were at your best and made a very good decision.
  - See what did you do good and what was your decision or move.
  - Repeat the same situation once more, and store it in your memory.
2. Search for the 2-3 poor situations – where you didn't do a good job - made a bad decision or movement.
  - See what did you do wrong – made a bad decision.
  - Search for the solution for the same situation – what will you do if this or similar situation happened again? Be specific and affirmative! – What you should do, not what you should not to do! Change the script of that situation so that the outcome is better.
  - Repeat that solution and changed script also through imagery scenario, first from external point of view – to see how this should look like, if you watch it on the TV. Then, repeat it through internal point of view – like you are doing it in the real situation.
  - Continue rehearsing this new outcome until you feel confident being able to cope with the original circumstances.

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