



**FIBA**

We Are Basketball

# IMPROVE YOUR... SEASON'S SELF-EVALUATION

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# IMPROVE YOUR...

## SEASON'S SELF-EVALUATION

For many of you the regular basketball season has ended. Some of you are very pleased and satisfied with the season and of your performance but some of you wish it could have been better. Either way, the season's self-evaluation is a very important part of your career improvement and performance progress.

As each basketball season is a unique journey of valuable experience it is important to go through and the lessons learned. Some guidelines and suggestions will be presented in this chapter within the recommended season's self-evaluation form. It will be an evaluation of your performance, accomplishments, experience, and the process you went through, focussing on three aspects – **learning, improvement, and preparation.**

**"Every season is a journey. Every journey is a lifetime."**

*(Mike Krzyzewski)*

### LEARNING

You can learn many things from the season behind you. By doing evaluation properly you can learn from both mistakes and accomplishments you have made, but also from the challenges you had on the way and the experience behind the process you went through.

Self-evaluation helps you increase **awareness of the experience** and lessons learned during the season. You will become aware of the things you did well and the things you should correct in the future. It helps you **learn from your mistakes** by finding the best solutions for similar situations in the future and recognizing things you need to improve. (APPENDIX A, Table 1.)

At the same time, it can help you become aware of things you are doing well. For many people it is more challenging to **recognize the thing that went well** than to recall the things that went wrong. It is in our nature to focus more on negative experiences because it leaves a bigger impact on our emotions and memory. That's why it is important to also become aware of all the good things that happened during the season and the reason, decisions, and the processes behind them. We can also **learn from success.** (APPENDIX A, Table 2.)

Being aware of the decisions you made and the process that lead you to certain successes in overcoming obstacles and **facing challenging situations** can create a valuable memory of the experience behind it. It can **build your confidence** to face next season's challenges in the right way. (APPENDIX A, Table 3.)

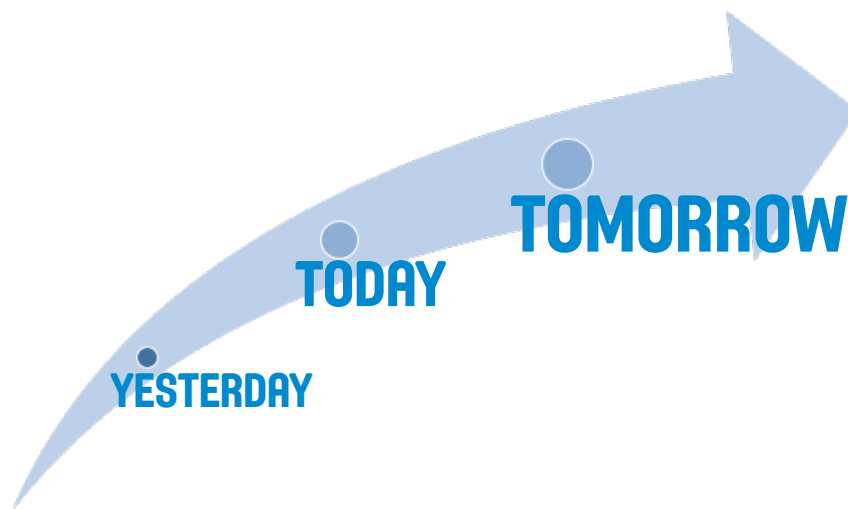
For example, you had a good season and you want to recognize what decisions and moves led you to it. What was the whole process behind it? In that way, **you are learning how to maintain (even improve) the good performance you had.**



## **IMPROVEMENT & PROGRESS**

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Recognizing improvement of your own performance during the process of self-evaluation is very important because it allows you to see how much you have progressed in relation to the **effort you have put in and all the 'investments' you have made.** (APPENDIX A, Table 4.)



Any improvement you had, even if it seems like a small achievement is important to acknowledge. Respect all the little things and small improvements you made and determine what caused that progress and success.

Being aware of any improvements will help you realize that every effort pays off and will help you boost your confidence and motivation to prepare for the next season.

## **RECOVERY, REST TIME, & RELAXATION**

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Before you start with the preparation for next season, please keep in mind that the first thing you should do is **REST! After the end of the season the 'rest phase', physically and mentally, is highly recommended.** It helps you recharge your batteries and switch off from "officialing activities", but also helps you prevent burnout and exhaustion.

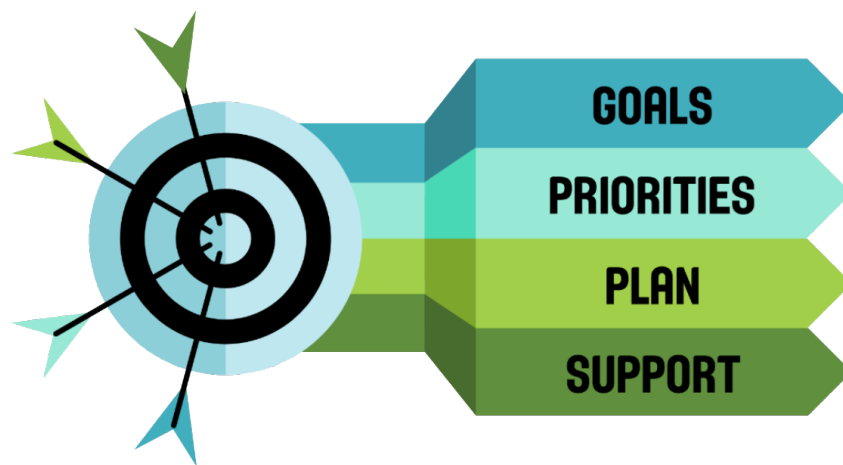
When the season ends, consider taking some time for mental and physical recovery off the basketball courts. Allowing your body and mind to rest is the best thing you can do to prepare for next season's requirements.

## PREPARATION

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Once you have made an evaluation of the previous season and had some rest, you can start planning the preparation phase for the next season focussing on what **performance improvement you want to present**.

Recall the things you were good at and use the valuable experience you had as an inspiration to boost your confidence and motivation. Use the findings from the self-evaluation and apply them in the next possible situation, during the preparation period, and at the beginning of the next season.



## ACTION PLAN

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To build your action plan, you can use the document “**Improve Your... GOAL-SETTING**” as guidance with written principles and recommendations.

Before you start building your Action Plan, self-reflect on the following questions:

- What do I want to improve before the beginning of next season?
- What are the improvement priorities for the next season?
- Which area of my performance requires the most improvement?
- What can I improve immediately within the next few weeks of preparation?
- Which areas of my performance will require more time to see the improvement?
- Is there anyone who can help me in that process?

After you finish with the evaluation of the season behind you, take everything you’ve reflected on and learned from your review and start thinking about practical activities that will help you to **become a better referee for the next season**.

## APENDIX A

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Table 1. Learning from mistakes

MISTAKES	
<ul style="list-style-type: none"><li>▪ What were my mistakes?</li><li>▪ What happened?</li><li>▪ Why did I make these mistakes?</li><li>▪ What is the reason behind each of them?</li></ul>	<ul style="list-style-type: none"><li>▪ What can I do differently in the future?</li><li>▪ What solutions do I have now? (To not repeat the same mistake again.)</li></ul>
What did I learn from these mistakes? What is the lesson behind them?	

Table 2. Learning from success

LEARNING FROM SUCCESS	
<ul style="list-style-type: none"> <li>▪ What were my accomplishments?</li> <li>▪ What happened?</li> <li>▪ Why did I succeed?</li> <li>▪ What is the reason behind it?</li> </ul>	<ul style="list-style-type: none"> <li>▪ What should I keep doing?</li> <li>▪ Of what should I become aware of? (To repeat the same process again.)</li> </ul>
<p><b>What did I learn from the success? What is the lesson behind it?</b></p>	

Table 3. Learning from challenges

LEARNING FROM CHALLENGES	
<ul style="list-style-type: none"> <li>▪ What challenges did I face?</li> <li>▪ Did I deal with some new situations?</li> <li>▪ What kind of obstacles did I deal with?</li> </ul>	<ul style="list-style-type: none"> <li>▪ How did I resolve them?</li> <li>▪ Did I apply some new skills &amp; knowledge?</li> <li>▪ Did I do something I have never thought I'll be able to?</li> <li>▪ What was my mindset behind that?</li> </ul>
<p><b>What did I learn from that experience? What is the lesson behind it?</b></p>	



Table 4. Areas I improved

IMPROVEMENT	
<ul style="list-style-type: none"><li>▪ In which area of my performance did I improve the most?</li><li>▪ How much improvement happened during the past season compared to the previous one?</li></ul>	<ul style="list-style-type: none"><li>▪ What has led to improvement in certain areas of my performance?</li><li>▪ What investments did I make?</li><li>▪ What was the process and experience behind that improvement?</li></ul>

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