

Five Elements of a Training Activity	Training Session Self-Reflection Questions
<ol> <li>Organized: Is the activity organized in the right way?</li> <li>Game-like: Is the activity game-like?</li> </ol>	1. Did you achieve your goals? Yes/No
3. Repetition: Is there repetition, when looking at the overall goal of session?	the 2. What went well?
4. Challenging: Are the players being challenged? (is there the right ance between being successful and unsuccessful)	t bal-
5. Coaching: Is there proper coaching, based on the age and level of players?	fthe
	3. What could you do better?