

# How to Debrief



## Resilience

**TIMING:** 40-60 mins  
**WHAT:** Pen & Paper, Movement  
**WHEN:** Pre-Season Activity, Rainy day  
**WHO:** Team, Group, Pair, Individual

### SET-UP AND GEAR

- Select the best time and place for debriefing: Debriefing may need to occur straight after a competition/event/match or training, or it may occur in the next few days after.
- Consider whether the debrief will be private or among team members. Think about whether your players would want to debrief in front of each other.

### ACTIVITY SUMMARY

Debriefing in sports is used to facilitate learning as well as building resilience by getting players to reflect on what they did, why they did it, and how it felt. Debriefing involves a two-way communication between a coach and their players that is positive, honest, open and fair.

### INTENDED OUTCOMES

- Players develop resilience by learning how to bounce back from challenges through reflection.
- Players develop their self-awareness, analytical skills and emotional literacy.
- Supporting players to process negative emotions and reframe these in a positive light.

## Activity Outline

2 mins (set-up)      The coach explains the activity and reminds the players that any 'mistakes' or 'failures' are opportunities for learning. Divide the players into small groups and ask them to discuss the reflection questions (see below).

5 mins      The players have the opportunity to discuss the reflection questions (the coach can circulate around the groups and listen in as they discuss the questions).

5 mins      Ask one player from each group to give their groups feedback on each question. Open the discussion to the whole team to see if they have anything else to add.

5 mins      As a team, pick 1-2 goals to focus on going forward and discuss strategies that might help the team achieve these goals.

## Reflection Questions

**KEEP:** What was done well?

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**FEEL:** How did it feel?

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**IMPROVE:** What can be improved?

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**CHANGE:** What should be changed or not repeated?

## Tips & Tricks

- Monitor and acknowledge improved performance, remind the players of their goals during their training sessions, next competition or match.
- It might be helpful to have the questions printed out on small pieces of paper to which your players can refer back.

### PILLAR INSIGHTS

Resilience is the process and outcome of successfully adapting to challenges. Debriefing is a useful tool to help players process negative emotions and reframe these in a positive light.



#### PSYCHOLOGICAL

Debriefing encourages self-reflection about a player's experience and consideration of their learning, improvement and wellbeing management after a stressful event.



#### SOCIAL

Bringing a team together to acknowledge their collective strengths, weaknesses and goals helps to foster a strong sense of team spirit and teamwork.