



## MOSMAN PREP MATCH DAY PROFORMA

<b>Pre-Game</b> <ul style="list-style-type: none"><li>- Evening prior, ensure team list in positions (where applicable)</li><li>- Arrive 30mins prior to fixture</li><li>- Meet and greet parents and students</li><li>- Meet with opposing coach / manager to discuss game details</li><li>- Check students' attire, water bottles and any protective equipment</li><li>- Warm up to start 20mins</li><li>- Pregame speech (focusing on 2-3 areas of performance)</li></ul>	<b>Warm Up Activities (example)</b> <ol style="list-style-type: none"><li>1. Dynamic Movement Prep (non-contact)</li><li>2. Contact Preparation (if needed)</li><li>3. Small Modified Games/team run</li><li>4. Pre-Game Speech</li></ol> <p>Focus Area 1:</p> <p>Focus Area 2:</p> <p>Focus Area 3:</p>
<b>Half Time</b> <ul style="list-style-type: none"><li>- Identify 1-2 positive aspects</li><li>- Identify 1-2 areas to improve on</li><li>- Address character traits displayed by students during first half</li></ul>	<b>Positive/s</b> <ol style="list-style-type: none"><li>1.</li><li>2.</li></ol> <b>Areas to Improve / Work Ons</b> <ol style="list-style-type: none"><li>1.</li><li>2.</li></ol> <b>Displays of Positive Character</b> <ol style="list-style-type: none"><li>1.</li><li>2.</li></ol>
<b>Post Game</b> <ul style="list-style-type: none"><li>- Identify 1-2 positive aspects</li><li>- Identify 1-2 areas to improve on</li><li>- Address character traits displayed by students during second half</li><li>- Hand out TPOW with explanation</li><li>- Thank students and parents</li></ul>	<b>Positive/s</b> <ol style="list-style-type: none"><li>1.</li><li>2.</li></ol> <b>Areas to Improve / Work Ons</b> <ol style="list-style-type: none"><li>1.</li><li>2.</li></ol> <b>Displays of Positive Character</b> <ol style="list-style-type: none"><li>1.</li><li>2.</li></ol>
<b>General</b> (game notes, incorrect attire, lateness, behaviour, coaching points, strong/weak performances)	