



Judo Coach Tournament Reflection

Judo Tournament: _____

Date: _____

Location: _____

Number of Students Participating: _____

Competitive Gauge: Competition	Struggled					Exceeded	Notes
	1	2	3	4	5		
Gripping							
Tachi waza attacks							
Ne waza attacks							
Transition Tachi to Ne waza							
Defense							
Penalties							

Additional Notes: _____

****Complete "Reflections" on back****



Competition Reflections

What was the **most valuable part** of the competition for the team today?

What did you notice from the competition that **should be focused on** in the next practice sessions?

Coaching Reflections

What could you have done to **better prepare** the team for today's competition?

What does your team **need from you** to continue to improve this week?