Self reflection sheet for umpires



Self reflection sheet for umpires

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Question	Reflection	Question	Reflection
What was the most positive		What was the most positive	
aspect of your umpiring		aspect of your umpiring	
performance today?		performance today?	
What would you do		What would you do	
differently next time?		differently next time?	
uniterently flext time:		differently flext time:	
What rule caused you the		What rule caused you the	
most problems today?		most problems today?	
How successful were you in		How successful were you in	
communicating with the		communicating with the	
players using hand signals?		players using hand signals?	
Did you warm up mentally		Did you warm up mentally	
and physically prior to the		and physically prior to the	
match?		match?	
mater:		materi.	
Any other comments		Any other comments	
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