SUGIYAMA

After Action Review [AAR]

Your tool for deeper reflection

After Action Review

After Action Review [AAR] is a tool for analyzing the results of a project or situation. AAR answers the questions: what happened, why it happened and how it happened. The reason to use AAR is to learn from experiences.

You often hear that "you learn more from losing than from winning". It sounds good in theory (especially if you lose), but is it true? Shouldn't everyone who loses often become the best? A better way to think about it is that you lost if you didn't learn anything, whether you win or lose a match. You need to be aware of why the result was the way it was, what could have been better, and then objectively analyze it to improve. It is not enough to state that "I played badly". Define what "bad" means. Was it the footwork, the technique or the tactics that were bad? In what way was that not enough? How can you train or prepare so you don't play the same way next time? Doing these analyzing drills after competitions and training is important. That's where you can hold yourself accountable for what happened. Did you really give it your all? If you did, great. If you didn't, why not? Be very honest with yourself about what happened during the match. Did you become lazy? Unfocused? Bored?

Also ,try not to give excuses for losses with things like: "he/she was lucky" or that you were unlucky. Nor should you say "I have pain in *insert excuse*". Nothing like that. Be honest that you were in pain, but regardless of your limitations, you have a responsibility to do your best and find ways to win despite the setbacks. And if you played with pain, you could focus on that you had a good performance given the circumstances. Because if it was a huge problem and a risk to your health you would have forfeited the match after the first few points. A way of tackling this problem is for instance if you have a sore foot and you usually win your points by outrunning your opponent, you need to develop your ability to win points in other ways. It is important because you may have been sick for a few weeks before the competition, or injured and therefore not in good physical shape. See your bad foot as a reason to get better at masking shots or reading the game better. Regardless, you need to find your weaknesses and work on them until they don't cause losses. Your weaknesses may not become your strengths, but it is very frustrating to play against players who have no obvious weaknesses.

Never shift the blame. Don't make bad excuses. Be honest with yourself, analyze the situation and get better. Below is a form you should fill out after each match and practice. There you have to be honest with yourself, but make sure it doesn't become too negative. You are where you are and to get where you want to go you

have to be honest and bear the truth. I'm terrible at ____ but I'm awesome at ____ . Use honesty to your advantage and dare to be bad at something in order to become the best in the long run.

After matches:

What was the result? Win or lose?

What was the main reason for the result?

What could have made the result better?

What did you learn?

If you had the opportunity to replay the match, what would you have done differently?

What do you need to practice?

Something your happy with:

Something you are unhappy with:

Do you take full responsibility for the result and for your continued development?

Do I have the resources and skills available to improve? If not, how can I get it?

After practice sessions:

Did you do what was required?

What did you learn?

How can you take what you learned and apply it in a match situation?

What would you change if you had to redo the practice session?

How could you have made the training better?

If all practice sessions for a year were to be like this, where would you be? Will you have reached your goal?