

POST-MATCH COACH CARD

What NEO Martial Arts' coaches say to an athlete right after a loss, at the venue, before anyone goes home. Works for kids and adults.

RIGHT AFTER THE MATCH

POST-MATCH COACH CARD

AT THE VENUE, IN THIS ORDER

- 1 **Good effort.** Start there.
- 2 **A few things they actually did well.** Real ones, from the match they just had.
- 3 **The one observation that changed the result.** What the coaches saw that decided it.
- 4 **Name the next class.**

"We should see you on the mats at _____ so we can work on improving."

TWO LINES TO SKIP

✗ **"At least you got a medal."**

Some athletes want to win it all. In that moment they're not proud of a silver or bronze.

✗ **"Don't be sad, everyone loses."**

IF A PARENT IS UPSET

Explain what happened in the match, then bring it back to results and actionable steps. Stay calm and don't meet their level.

NEO Martial Arts coaches

gymdesk.com

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