



Next Play Worksheet:

Recovering After an Error

Name: _____

Date: _____

Team: _____

1. Understanding the Reality of Volleyball

Volleyball performance follows a **normal distribution**.

Out of **1,000 volleyball plays**:

- **680** are normal, everyday plays
- **130** are good or above average
- **130** are below average or mistakes
- **30** are outstanding, highlight-reel plays
- **30** are plays you want to forget

Reflection:

What does it change for you to know that *most plays are supposed to be normal*?

2. Letting a Play Be a Play

Not every play needs to be:

- A highlight
- Or the worst play ever

A point is a point.

Reflection:

Which type of play do you personally get *too high* or *too low* about?

3. The Cognitive Triangle

Your performance is affected by the relationship between:

Thoughts / Perspective → Emotions → Behaviors → Next Play

The reverse is also true:

Behaviors → Emotions → Thoughts / Perspective

Reflection:

After a mistake, what usually shows up first for you?

- Thoughts (self-talk)
 - Emotions (frustration, embarrassment, anger)
 - Behaviors (body language, pulling away, rushing)
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4. Productive vs. Unproductive Responses

Unproductive Responses (examples)

- Negative self-talk
- Slumped shoulders
- Avoiding teammates
- Rushing the next play

Productive Responses (examples)

- Standing tall
- Eye contact with a teammate
- Short cue words
- Focusing on your job

Reflection:

What is one unproductive habit you notice after mistakes?

What is one productive behavior you want to replace it with?

5. Your Personal “Next Play” Plan

Body Language

What do you want your body language to look like *after any play*?

- Stand tall
- Shoulders back
- Controlled pace
- Stay connected

Other: