

Live Derby Worksheet

You should be analyzing more derby.



Watching live derby can be a challenge, especially if you're hoping to leave the bout with some takeaways that you can apply to your own play. Here's a template to help!

1. Watch the first 3-5 jams. Write down 1 or 2 things that you see one (or both) team(s) doing that you want to focus on.

2. Get critical. As you watch, make note of jams (# and all) where a team is executing the skill or strategy you've chosen. Think about the following questions for each jam you make note of:
 - a. *Are they executing the skill/strategy well? How can you tell?*
 - b. *Are they executing the skill/strategy poorly? How can you tell?*
 - c. *What about this skill/strategy might be applicable to you or your team?*

3. These are jams that I'd like to watch again once the bout is archived online. (*List the jam # and a quick note about what you want to look for.*)

