

Pardaan

Half-Time Notes Sheet

Capture what's working and what to change at the break.

The half-time break is short, so a little structure helps. Jot notes through the first half, then use the three boxes to decide your message: what is working (keep it), what needs to change, and the one focus for the second half.

Score at half-time: _____

What's working (keep doing)

What to change

One key focus for the second half

Substitutions planned: _____

Less is more

Give players a moment to breathe and drink before you talk. Then one positive, one change, one focus - and send them out believing.