

# Bowling Retrospective

Name:	1	2	3	4	5	6	7	8	9	10

Frame 1	Frame 2	Frame 3	Frame 4	Frame 5
<b>Start Position</b>	<b>Start Position</b>	<b>Start Position</b>	<b>Start Position</b>	<b>Start Position</b>
<b>End Position</b>	<b>End Position</b>	<b>End Position</b>	<b>End Position</b>	<b>End Position</b>
<b>Target</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>
<b>Hitting</b>	<b>Hitting</b>	<b>Hitting</b>	<b>Hitting</b>	<b>Hitting</b>
<b>1<sup>st</sup> ball pins knocked down</b>	<b>1<sup>st</sup> ball pins knocked down</b>	<b>1<sup>st</sup> ball pins knocked down</b>	<b>1<sup>st</sup> ball pins knocked down</b>	<b>1<sup>st</sup> ball pins knocked down</b>

Frame 6	Frame 7	Frame 8	Frame 9	Frame 10
<b>Start Position</b>	<b>Start Position</b>	<b>Start Position</b>	<b>Start Position</b>	<b>Start Position</b>
<b>End Position</b>	<b>End Position</b>	<b>End Position</b>	<b>End Position</b>	<b>End Position</b>
<b>Target</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>
<b>Hitting</b>	<b>Hitting</b>	<b>Hitting</b>	<b>Hitting</b>	<b>Hitting</b>
<b>1<sup>st</sup> ball pins knocked down</b>	<b>1<sup>st</sup> ball pins knocked down</b>	<b>1<sup>st</sup> ball pins knocked down</b>	<b>1<sup>st</sup> ball pins knocked down</b>	<b>1<sup>st</sup> ball pins knocked down</b>

<p><b>Aims of the retrospective</b></p> <ul style="list-style-type: none"> <li>• Increase inspect and adapt cadence</li> <li>• Improve goal setting <ul style="list-style-type: none"> <li>○ How setting short term (closer) goals can help to achieve long term aims</li> </ul> </li> </ul>	<p><b>How the session will run</b></p> <ul style="list-style-type: none"> <li>• Aim - Try to get the highest score possible</li> <li>• Game 1 – record details of start position, end position, aiming mark, if you hit the target and pins knocked down</li> <li>• Inspect and adapt each frame in order to try and improve your score</li> <li>• Game 2 – bowl as you wish</li> <li>• Sit and discuss how to improve inspect and adapt cadence and goal setting</li> </ul>	<p><b>How we will validate the session</b></p> <ul style="list-style-type: none"> <li>• Goals will become SMARTer</li> <li>• Number of goals achieved (on time) will increase</li> <li>• Record to be kept of changes implemented for process improvements and impact metrics</li> </ul>
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