



Feedback

It can be difficult to gather your thoughts and find words after a race, especially after being involved in a tight finish. Giving good feedback is a skill that develops over time, and many jockeys are excellent communicators, but it can also be improved no matter how much experience you may have.

In sports such as rugby, players employ a 'Hot Review' at half time. Because of the limited amount of time that they possess, players need to be able to use whatever they learned in the first half, to try and impact the second one.

In racing, you have a short time from when you pull up to when you must speak to connections. To structure your thoughts in this time period, a simple structure such as the one below may be helpful:

Hot Review

1. What happened?

(What are the facts of the race?)

2. Why did it happen?

(What is your opinion on the race?)

3. What happens next?

(What do you think the horse needs in order for it to improve?)

When can I use this?

When you have pulled up after a race, taking your time going back in.