

ONLINE COURSE

BARISTA INTERMEDIATE

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LESSON 8: COMPETITION PREPARATION

WHY COMPETE?

Competitions are not only about winning trophies. They are opportunities to:

- o Push your technical skills to their limits.
- o Learn to work under strict time constraints.
- o Receive feedback from experienced judges.
- o Build confidence in your presentation and customer service.

Even if you never step on stage, competition-style training improves your day-to-day workflow and quality.



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LESSON 8:

UNDERSTANDING THE WBC SCORESHEETS

At the highest level, judges use official **World Barista Championship scoresheets** to evaluate every aspect of your routine.

1. Sensory Scoresheet (166 points max)

- **Espresso evaluation:** crema, accuracy of descriptors, taste balance, tactile feel.
- **Milk beverage evaluation:** visual appeal, taste accuracy, tactile harmony.
- **Signature beverage evaluation:** creativity, taste experience, clarity of explanation.
- **Barista evaluation:** professionalism, coffee knowledge, attention to detail, cleanliness.
- **Total impression:** overall presentation and connection.

Takeaway: It's not just about taste — accuracy of descriptors, storytelling, and professionalism all add up to points.



World Barista Championship: Sensory Scoresheet

Sensory Judge:	Competitor Name:	Representing:
Introduction & Coffee Information	Round:	Date:
Part I - Espresso Evaluation		
Yes	No	Crema
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Descriptors:		
Experience:		
0 to 3		
<input type="checkbox"/>	<input type="checkbox"/>	Accuracy of Taste Descriptors
<input type="checkbox"/>	<input type="checkbox"/>	Accuracy of Tactile Descriptors
<input type="checkbox"/>		



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2. Technical Scoresheet (71 points max)

- **Station setup and cleanliness** at start and finish.
- **Espresso prep:** flushing group heads, clean baskets, dosing and tamping consistency, no spills.
- **Milk handling:** purge and clean wand, manage milk waste, produce consistent texture.
- **Hygiene:** correct cloth use, clean spouts, tidy workflow.

Takeaway: Every movement matters. Even a dirty steam wand can cost you points.

3. Head Judge Scoresheet

- Oversees timing (15-minute limit).
- Deducts penalties for overtime (up to –60 points).
- Confirms station cleanliness and overall rule compliance.

Takeaway: Time management is critical. A flawless routine can still lose if you go over time.



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LESSON 8:

TECHNICAL TRAINING

At competition level, every movement must be intentional and efficient.

- **Workflow practice:** Rehearse making drinks in a set order to minimise wasted time.
- **Palate training:** Taste your coffee at different temps and stages of extraction.
- **Dialling in quickly:** Practise getting to a balanced recipe in just 1–2 adjustments.
- **Consistency under pressure:** Aim for identical quality, even when the clock is ticking.
- **Read the rules:** Always download the latest WBC or national competition rules & regulations. Understanding the scoresheets tells you exactly how judges are looking at your performance.



LESSON 8:

PRESENTATION SKILLS

Judges evaluate more than just flavour.

- Speak clearly and confidently.
- Introduce your coffee's origin, process, and flavour in an engaging way.
- Keep body language open and professional.
- Maintain a clean, organised station throughout.

A strong presentation can turn a technically good routine into a memorable one.



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LESSON 8:

USING DATA TRACKING TO IMPROVE

One of the most effective tools in my own preparation was a **custom spreadsheet**. I tracked everything using the same lens as the judges:

- **Time Splits:** Breaking the 15-minute routine into segments (Opening, Espresso, Milk, Signature). Rehearsing these splits ensured I never risked overtime deductions.
- **Extraction Logs:** For every coffee tested, I recorded dose, yield, time, temperature, grinder setting, and sensory results (acidity, sweetness, bitterness, finish). This mirrors the sensory judges' evaluation.
- **Milk & Signature Beverage Trials:** Logged milk steaming outcomes, alternative milks, and exact sig bev recipes with ingredients and sensory notes.
- **Theme Brainstorm:** Storytelling ideas, links between flavours and concept, and how to present them naturally.
- **Budget & Equipment:** Managed costs, green coffee, roasts, and music or stage equipment.
- **Practice Journal:** After each rehearsal, I logged mistakes, strengths, and adjustments, just like a judge's feedback.

By aligning training data with the official WBC scoresheets, I could measure improvement, spot weak areas, and build consistency over weeks of practice.



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HOMEWORK

MINI COMPETITION SIMULATION

1. Set a 15-minute timer.
2. Prepare two espressos, two milk drinks, and two signature beverages.
3. Keep your station clean, communicate clearly, and stick to your time splits.
4. Score yourself using a simplified WBC scoresheet.
5. Log your results in a spreadsheet, note both technical performance and sensory.

