

Coach Self Evaluation

Technical

- 1 Did I clearly outline the purpose of each section or practice?
- 2 Did I emphasis the key teaching points?
- 3 Did I reinforce these teaching points throughout the drill?
- 4 Did I evaluate whether the athletes achieved the purpose of the drills and sections of practice?
- 5 Did I change or modify sections of practice to assist athlete execution?
- 6 Was I able to progress through the teaching sequence during drills or sections of practice (eg. simple to complex)
- 7 Did I use various tactics to increase the athletes effort levels?
- 8 Did I assist athletes take ownership for their own development?
- 9 Did I focus of developing the athletes understanding of what, when, where, why and how to execute the focused skills or concepts?

Communication

- 1 Did I explain and use coaching cues?
- 3 Did I utilise questioning throughout the practice?
- 4 Did I encourage the participants to have an input into the session and did I listen to them?
- 5 Did I reinforce the actions of the participants in a positive manner when they performed correctly?
- 6 Did I reward effort in addition to outcome?
- 7 Did I give constructive and specific feedback?
- 8 Did what I say to the participants match my non-verbal actions towards them?
- 9 Was I consistent and fair in my treatment of all participants?
- 10 Did I over-coach during training/game by giving too many instructions or non-specific question?
- 11 Did I change my communication methods to suit the needs of the participants?
- 12 Did I brief and debrief the athletes?

Delivery

- 1 Did I use a variety of coaching techniques that catered for athletes with different learning style?
- 2 Did I tell athletes what to do?
- 3 Did I show athletes what to do?
- 4 Did I involve athletes in the instruction process?
- 5 Did I give specific or general instruction (i.e. process based)?
- 6 Did I get targeted and non-targeted feedback from the athlete and use this to modify my delivery?

Motivation

- 1 Did I show the enthusiasm while coaching that I expect from the participants?
- 2 Did I use any techniques to improve the practice intensity?
- 3 Was I aware of any anxiety or nervousness experienced by the participants and did I help to reduce this?
- 4 Did I emphasise winning too much?

Leadership

- 1 Was I well prepared and organised for training sessions?
- 2 Was my training session varied and interesting so that it challenged all participants?
- 3 Did I exercise self-control in situations that made me angry?
- 4 Did I personally role model desired behaviour?
- 5 Did I focus on all participants or too much on those either less or more skilled?
- 6 Did the session build squad cohesion?

Adapted from a questionnaire by Maureen Weiss, Institute for the Study of Youth Sports, state of Michigan, USA, published in AUSSIE SPORT ACTION, Spring 1992, page 25, Australian Sports Commission, Canberra.

Self Evaluation Categorisation

Strength		Improvement		Not utilised	
Technical					
1					
2					
3					
4					
5					
6					
7					
8					
9					
Communication					
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
Delivery					
1					
2					
3					
4					
5					
6					
7					
Motivation					
1					
2					
3					
4					
Leadership					
1					
2					
3					
4					
5					
6					
7					
Additional Focus					