



# COACH MENTORING

## Practice Session Education Tool

Coach Name	
Date	
Mentor	

### 1. Planning

	<u>Notes</u>
<p><b>Session Plan</b></p> <ul style="list-style-type: none"><li>• <i>Development and use of a written practice plan</i></li></ul> <p><b>Session Goals &amp; Objectives</b></p> <ul style="list-style-type: none"><li>• <i>Clear communication of session objectives relative to training phase, previous games/sessions</i></li></ul> <p><b>Session Content</b></p> <ul style="list-style-type: none"><li>• <i>Appropriate for team, skill level</i></li><li>• <i>Relevant to session objectives</i></li></ul> <p><b>Practice progression</b></p> <ul style="list-style-type: none"><li>• <i>Well sequenced practice progression</i></li></ul>	

### 2. Communication/Instruction

	<u>Notes</u>
<p><b>Drill instruction</b></p> <ul style="list-style-type: none"><li>• <i>Clear and concise instructions</i></li><li>• <i>Athletes demonstrate an understanding of drill</i></li></ul> <p><b>Drill purpose</b></p> <ul style="list-style-type: none"><li>• <i>Clear outline of drill purpose, points of emphasis and key teaching points</i></li></ul> <p><b>Coaching techniques</b></p> <ul style="list-style-type: none"><li>• <i>Effective coaching techniques (coaching cues, coaching on the run, questioning, brief and debrief etc.)</i></li></ul> <p><b>Communication mechanics</b></p> <ul style="list-style-type: none"><li>• <i>Body language, voice projection, positioning</i></li></ul>	

### 3. Evaluation and athlete development

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<p><b>Drill Evaluation</b></p> <ul style="list-style-type: none"><li>• <i>Clear debrief of each section of practice</i></li></ul> <p><b>Group Feedback</b></p> <ul style="list-style-type: none"><li>• <i>General and activity specific</i></li><li>• <i>Identification and correction of group understanding and skill acquisition</i></li></ul> <p><b>Individual Feedback</b></p> <ul style="list-style-type: none"><li>• <i>General and activity specific</i></li><li>• <i>Identification and correction of athlete understanding and skill acquisition</i></li></ul>	<p><u>Notes</u></p>

### 4. Health and safety

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<p><b>Injury prevention/management</b></p> <ul style="list-style-type: none"><li>• <i>Warm-up, athlete safety and injury prevention</i></li><li>• <i>Injury management</i></li></ul> <p><b>Venue</b></p> <ul style="list-style-type: none"><li>• <i>Venue health and safety considerations</i></li></ul>	<p><u>Notes</u></p>

#### \* Notes

*Additional (comments, suggestions and feedback on practice content)*

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