



## Monthly Coaching Self Reflection



This self-assessment reflection will allow you to reflect on your current coaching practices. The items that are listed in the self-assessment are the evidences that your TD and Committee will be looking for during your evaluations. They will help determine if you have the required abilities/competencies and will help you identify areas of strength and areas for improvement.

Rate your ability to use effective coaching methods to optimize your players learning. For each statement presented below, using the **dropdown menu** on the left, select the number that best represents whether you achieve the statement. Give yourself an honest rating under each category.

**(1) Never (2) Sometimes (3) Often (4) Always**

### **I make my coaching as effective as possible by...**

Having a lesson plan to follow

Ensuring that my lessons achieve the goals identified in the yearly plan

Having an introduction and a follow-up in each session

Providing suitable warm-up and cool-down activities

Making sure that the main segment of my lesson includes activities that help participants learn

Ensuring that equipment is available and ready to use

Using space and equipment effectively to enhance activity

Providing breaks for recovery and hydration

Greeting my participants as they arrive at the session

Choosing activities that contribute to the development of physical and motor abilities or fundamental movement patterns

Making the best use of lesson time is maximized and making sure that participants are active most of the time

Sequencing training activities so they enhance learning or specific training effects

Modifying my training activities as required to deal with context-specific circumstances or logistics (e.g., timing, resources, etc.)

Adapting training activities as required to challenge participants appropriately

Adjusting sessions as required after observing participants' performance

## I encourage players learning by...

Creating opportunities to interact with all participants

Ensuring participants are positioned appropriately to see and hear demonstrations

Having 1 to 3 key learning points in my explanations

Explaining key factors or teaching points and making sure participants understand those factors or points

Choosing key teaching points that are appropriate for the participant's age and LTPD stage

Constructively reinforcing participants' efforts and correcting performance

Providing feedback and instructions that clearly identify what and how to improve

Providing feedback that is **positive**, specific, and directed toward both the group and individuals

Establishing appropriate expectations for participant behavior and reinforcing these expectations when appropriate

Modelling and promoting a positive image of the sport to participants and other stakeholders

Speaking respectfully to participants

Maintaining a positive outlook and acknowledging participants' needs and thoughts

Explaining things clearly and concisely and providing opportunities for participants to ask questions

Modelling desired performance myself or having other participants do so

Knowing when to promote critical thinking by withholding feedback from the participant

Asking questions to facilitate awareness and promote critical thinking

Getting participants to focus on the expected effects of a movement and on internal cues of the movement

Integrating decision-making into each practice and teaching participants basic decision-making

Integrating mental-preparation strategies into practices

Using a variety of interventions to reach as many learning styles as possible (auditory, visual, and imagery)

Emphasizing independent thinking and problem-solving

**Coach Meter:**

- 75 – 100**     **Excellent**, you are a well-organized coach and have great communication skills. Keep up the good work and continue your coaching development through further training, education and certification!
- 50 – 75**     **Good**, you have mastered some of the necessary skills but need to improve certain areas of your coaching expertise. I would look at taking higher coaching level courses.
- 25 – 50**     **Needs Improvement**, you could use some help in some areas of your coaching and would benefit from more interaction with other coaches in your sport and from exploring and accessing the Technical Director.

Your Name: \_\_\_\_\_

\_\_\_\_\_ Total