

# COACH – SELF EVALUATION

Place a check mark in the appropriate column on the right to indicate how frequently you use the principle in your practices.

**Ratings Scale:**    *1-Usually/Always*                      *2-Occasionally/Sometimes*                      *3-Seldom/Never*                      *4-N/A*

## I.        INTRODUCING THE SKILL

	1	2	3	4	5
a) Is enthusiastic in actions and words	___	___	___	___	___
b) Avoids sarcasm, annoying mannerisms & abusive language	___	___	___	___	___
c) Uses terminology athletes can understand	___	___	___	___	___
d) Speaks clearly	___	___	___	___	___
e) Has a routine for starting practice	___	___	___	___	___
f) Gets attention quickly	___	___	___	___	___
g) Faces the team when speaking to them	___	___	___	___	___
h) Makes good eye contact	___	___	___	___	___
i) Controls temper	___	___	___	___	___
j) Models poise when dealing with inattentive athletes	___	___	___	___	___
k) Uses a formation from which all can see the demonstration	___	___	___	___	___
l) Uses a formation from which all can hear the explanation	___	___	___	___	___
m) Sets formation in a location free from distractions	___	___	___	___	___
n) Identifies the skill to be taught	___	___	___	___	___
o) Indicates why the skill is important to learn	___	___	___	___	___
p) Introduces the skill in less than 3 minutes	___	___	___	___	___

## II.       DEMONSTRATING & EXPLAINING THE SKILL

	1	2	3	4	5
a) Directs the team's attention to the demonstration	___	___	___	___	___
b) Explains how the demonstration will proceed	___	___	___	___	___
c) Demonstrates the whole skill as it would be performed in competition	___	___	___	___	___
d) Demonstrates skilfully	___	___	___	___	___
e) Demonstrates for left and right dominance	___	___	___	___	___
f) Demonstrates the skill several times	___	___	___	___	___
g) Demonstrates the skill so that it can be viewed from different angles	___	___	___	___	___
h) Demonstrates the skill slowly if necessary	___	___	___	___	___
i) Explains the major sequences of actions that comprise the skill when it is demonstrated slowly	___	___	___	___	___
j) Points out the most relevant teaching points	___	___	___	___	___
k) Keeps explanation simple and brief	___	___	___	___	___
l) Demonstrates parts of the skill when appropriate	___	___	___	___	___
m) Briefly demonstrates and/or explains the similarities between skills	___	___	___	___	___
n) Repeats & answers relevant questions so that all can hear	___	___	___	___	___

III. PRACTISING THE SKILL

	1	2	3	4	5
a) Begins skill practice ASAP after demonstration	___	___	___	___	___
b) Uses a formation that allows most athletes to practice safely and effectively	___	___	___	___	___
c) Uses drills that allow the most athletes to practice safely and effectively	___	___	___	___	___
d) Uses drills that emphasize the skill being taught	___	___	___	___	___
e) Demonstrates and explains how drills work	___	___	___	___	___
f) Checks to be certain the team understands drills work	___	___	___	___	___
g) Eliminates or minimizes any danger involved in performing the skill	___	___	___	___	___
h) Creates an atmosphere to minimize fear of failure	___	___	___	___	___
i) Is in control of the team during practice	___	___	___	___	___
j) Checks to be certain all are proceeding through the drill correctly	___	___	___	___	___
k) Repeats the demonstration and explanation if the team cannot perform the skill effectively	___	___	___	___	___
l) Uses key terms step-by-step if the team cannot perform the skill effectively	___	___	___	___	___
m) Checks after each step to be sure that everyone is performing correctly when initial teaching has been unsuccessful	___	___	___	___	___
n) Repeats and answers relevant questions so all can hear	___	___	___	___	___
o) Divides the skill into parts when athletes have difficulty mastering the whole skill	___	___	___	___	___
p) Stops practice and corrects common errors when necessary	___	___	___	___	___
q) Presents brief explanations and demonstrations of errors and their corrections when confronted with common errors	___	___	___	___	___

IV. PROVIDING FEEDBACK TO CORRECT ERRORS

	1	2	3	4	5
a) Observes and evaluates performance	___	___	___	___	___
b) Compliments efforts and parts of the skill that were performed correctly	___	___	___	___	___
c) Corrects one error at a time	___	___	___	___	___
d) Gives specific positive feedback	___	___	___	___	___
e) Gives constructive feedback	___	___	___	___	___
f) Uses visual feedback of errors and corrections	___	___	___	___	___
g) Makes certain athletes understand the information given	___	___	___	___	___
h) Shows patience with athletes	___	___	___	___	___
i) Encourages athletes to continue to practice and improve	___	___	___	___	___

**PLAYER/TEAM  
TO  
COACH  
OBSERVATION**

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# POST-SEASON PLAYER QUESTIONNAIRE

We would appreciate all players taking a few minutes to answer each of the following questions. Please return the completed form to your team.

Team Name: \_\_\_\_\_ Division: \_\_\_\_\_ Coach's Name: \_\_\_\_\_

1. This year, did the program your Coach set for the team...

	YES	NO	COMMENTS
a) ...Help you develop your skills?	_____	_____	_____
b) ...Help you develop physically?	_____	_____	_____
c) ...Teach you team play and strategies?	_____	_____	_____
d) ...Increase your desire to play?	_____	_____	_____
e) ...Allow you to have fun?	_____	_____	_____
f) ...Improve your self-confidence?	_____	_____	_____
g) ...Have appropriate and fair team rules?	_____	_____	_____
h) ...Require too much from players?	_____	_____	_____
i) ...Require too little from players?	_____	_____	_____
j) ...Help you achieve your goals?	_____	_____	_____

2. Were the coaches...

	YES	NO	COMMENTS
a) ...Organized?	_____	_____	_____
b) ...Good teachers?	_____	_____	_____
c) ...Fair?	_____	_____	_____
d) ...Worthy of respect (good role models)?	_____	_____	_____
e) ...Easy to talk with?	_____	_____	_____
f) ...Flexible and understanding?	_____	_____	_____
g) ...Good at giving praise when deserved?	_____	_____	_____
h) ...Reasonable in their demands?	_____	_____	_____
i) ...Concerned about each player?	_____	_____	_____
j) ...knowledgeable of the game?	_____	_____	_____

3. What did you like best about the season?

4. What did you like least about the season?

5. Do you have any suggestions for improving anything (practice, games, coach, etc.)?

6. On a scale of 1 to 5 (1 being the lowest and 5 being the highest), rate your satisfaction with...

...The team	1	2	3	4	5
...The coach	1	2	3	4	5
...What you learned	1	2	3	4	5
...How much fun you had	1	2	3	4	5

7. Are you going to play hockey again next year? Yes No

Any other comments?

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# **PARENT TO COACH OBSERVATIONS**

# POST-SEASON PARENT OBSERVATION FORM

Team: \_\_\_\_\_ Coaches: \_\_\_\_\_

1. Evaluate the degree to which you believe your child achieved the following (circle one):

	Very Much	Somewhat	Not at all
a) My child had fun.	1	2	3
b) My child learned the fundamentals of the sport	1	2	3

2. Evaluate the degree to which you believe your child changed on the following characteristics (circle one):

	Improved /Increased	No Change	Declined /Decreased	Don't Know
a) Physical fitness	_____	_____	_____	_____
b) Learning to cooperate	_____	_____	_____	_____
c) Self-confidence	_____	_____	_____	_____
d) Desire to continue to play this sport	_____	_____	_____	_____
e) Development of self-reliance	_____	_____	_____	_____
f) Learning specific skills of this sport	_____	_____	_____	_____
g) Leadership skills	_____	_____	_____	_____
h) Sportsmanship	_____	_____	_____	_____
i) Development of initiative	_____	_____	_____	_____
j) Learning to compete	_____	_____	_____	_____

3. How did the coach do on the following items? (Circle one):

1-Excellent	2-Good	3-So/So	4-Weak	5-Poor	6-Don't Know			
a) Treat your child fairly				1	2	3	4	5
b) Kept winning in perspective				1	2	3	4	5
c) Took safety precautions				1	2	3	4	5
d) Organized practice and contests				1	2	3	4	5
e) Communicated with you				1	2	3	4	5
f) Was effective in teaching skills				1	2	3	4	5
g) Encouraged your child				1	2	3	4	5
h) Recognized your child as a unique individual				1	2	3	4	5
i) Held your child's respect				1	2	3	4	5

4. Please give additional comments in the space below and on the back on any.

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