

WEST PARK UNITED COACH ASSESSMENT FORM SEASON 2018-19



Coach :	Team :
Venue :	Assessed by :

1. SETUP	Yes	No	2. WARM UP	Yes	No
Session Plan Used	<input type="checkbox"/>	<input type="checkbox"/>	Warm Up completed	<input type="checkbox"/>	<input type="checkbox"/>
Areas Prepared for session	<input type="checkbox"/>	<input type="checkbox"/>	Warm Up of sufficient length (min)	<input type="checkbox"/>	<input type="checkbox"/>
Was session content discussed	<input type="checkbox"/>	<input type="checkbox"/>	Warm Up instructions given	<input type="checkbox"/>	<input type="checkbox"/>

3. SESSION CONTENT	Yes	No
Was session content suitable for the players age	<input type="checkbox"/>	<input type="checkbox"/>
Was the tempo of the session suitable for the players age	<input type="checkbox"/>	<input type="checkbox"/>
Were instructions clear, concise and appropriate for the activities undertaken	<input type="checkbox"/>	<input type="checkbox"/>
Was body language and tone of voice appropriate when giving instructions and advice	<input type="checkbox"/>	<input type="checkbox"/>
Was positive feedback and appropriate corrective actions given during session	<input type="checkbox"/>	<input type="checkbox"/>
Was questioning used to encourage the players in the activities	<input type="checkbox"/>	<input type="checkbox"/>
Was the players understanding of what was required checked	<input type="checkbox"/>	<input type="checkbox"/>
Were players allowed or encouraged to ask questions	<input type="checkbox"/>	<input type="checkbox"/>
Were sufficient fluid breaks permitted during the session	<input type="checkbox"/>	<input type="checkbox"/>
Did the Coach adopt the Instruction, Explanation and Demonstration approach	<input type="checkbox"/>	<input type="checkbox"/>
Comments : Given Age Group (4-5 year olds), needs to establish his control over session as early as possible		

4. POST SESSION	Yes	No
Did the Coach have control of the session and the players throughout	<input type="checkbox"/>	<input type="checkbox"/>
Did the Coach analyse what worked well and feed this back to the players/coaches	<input type="checkbox"/>	<input type="checkbox"/>
Comments : _____		

5. ANALYSIS	Overall Score		0	100
Overall content	<input type="checkbox"/>	30	<input type="checkbox"/>	10
Setup / organisation	<input type="checkbox"/>	10	<input type="checkbox"/>	10
Clarity of Instructions	<input type="checkbox"/>	10	<input type="checkbox"/>	10
Clarity of Demonstrations	<input type="checkbox"/>	10	<input type="checkbox"/>	10
Control of session	<input type="checkbox"/>		<input type="checkbox"/>	10
Analysis / feedback	<input type="checkbox"/>		<input type="checkbox"/>	10
Player participation	<input type="checkbox"/>		<input type="checkbox"/>	10
Player enjoyment	<input type="checkbox"/>		<input type="checkbox"/>	10

Additional comments / observations
