



Coach Self-Assessment

Name: _____ CC#: _____

For each statement presented below, **circle the number that best represents whether you achieve the statement (Never, Sometimes, Often, Always).**

I make my teaching as effective as possible by...	Never	Some- times	Often	Always
Having a practice plan to follow	1	2	3	4
Ensuring that my practices achieve the goals identified in my practice plan	1	2	3	4
Having an introduction and a conclusion in each practice	1	2	3	4
Providing suitable warm-up and cool-down activities	1	2	3	4
Making sure that the main segment of a practice includes activities that help athletes learn	1	2	3	4
Ensuring that equipment is available and ready to use	1	2	3	4
Using space and equipment effectively to enhance activity	1	2	3	4
Providing breaks for recovery and hydration	1	2	3	4
Greeting my athletes as they arrive at practice	1	2	3	4
Choosing activities that contribute to the development of skills, tactics, or athletic abilities	1	2	3	4
Making the best use of practice time is maximized and making sure that athletes are active most of the time	1	2	3	4
Sequencing practice activities so they enhance learning or specific training effects	1	2	3	4
Modifying practice activities as required to deal with context-specific circumstances or logistics (e.g., weather, timing, resources, etc.)	1	2	3	4
Adapting practice activities as required to challenge athletes appropriately	1	2	3	4
Adjusting practices as required after observing athletes' performance	1	2	3	4
I encourage athletes' learning by...	Never	Some- times	Often	Always
Creating opportunities to interact with all athletes	1	2	3	4
Ensuring athletes are positioned appropriately to see and hear demonstrations	1	2	3	4
Having 1 to 3 key learning points in my explanations	1	2	3	4
Explaining key factors or teaching points and making sure athletes understand those factors or points	1	2	3	4
Choosing key teaching points that are appropriate for the athlete's age and stage of athletic development	1	2	3	4
Constructively reinforcing athletes' efforts and correcting performance	1	2	3	4
Providing feedback and instructions that clearly identify what and how to improve	1	2	3	4