

# Coach Observation Checklist

Coach: \_\_\_\_\_ Activity: \_\_\_\_\_

Building Rapport:	Tally/Frequency
• Did the Coach use participants' names?	
• Did they introduce themselves, and the topics to be covered?	
• Did they appear friendly and approachable?	
• Did the Coach talk to all participants?	
<b>Provide Demonstrations:</b>	
• Did the Coach provide a demonstration?	
- From different angles?	
- A number of times?	
• Did the Coach position the demonstration to ensure that all could see?	
<b>Observation:</b>	
• Did the Coach observe performance from different angles?	
• Did the Coach observe performance a number of times before providing feedback?	
• Did the coach spot and fix errors?	
<b>Explain:</b>	
• Did the Coach gain the players attention before giving feedback?	
• Was the language used appropriate for the players age and ability?	
• Did the Coach invite questions to check for understanding?	
<b>Generate and Provide Feedback:</b>	
• Did the Coach encourage self awareness by asking the participant questions?	
• Was the feedback delivered in a positive manner?	
• Was the feedback specific and succinct?	
• Did the Coach check that the feedback was understood?	
<b>General:</b>	
• Was the session well organised?	
• Did the Coach stick (roughly) to the activities listed on the skill card?	
• Did everyone get to play a game?	
• Do they show an ability to adapt to situations/show flexibility in their coaching?	
• Did the Coach progress the activities using the STEPR model?	
• Was there adequate equipment?	

**Q. What was the strongest "How to Coach Skill" observed by this coach ?**

*Please tick one*

1. Build Rapport
2. Explain
3. Demonstration
4. Observe
5. Analyse
6. Feedback
7. Other (Explain \_\_\_\_\_)

**Q. How would you best describe the coaching style of the coach you observed here ?**

*Please tick one*

- Direct (Command Style)
- Facilitative (Cooperative style)
- Baby sitter (Submissive style)

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