

Coach Evaluation Worksheet

Coach's Name: _____

Date: _____

Evaluator: _____

Team: _____

Practice starts on time? Y N Time: _____

Warm Up: _____

Stretching: _____

Techniques: _____ **Theme:** _____

How was learning tested? _____

Use of time: _____

Cool down: _____

Practice ends on time? Y N Time: _____

What did you like about this practice? _____

What did you dislike about this practice? _____

How could this practice be improved? _____

Definitions for evaluation categories:

- Warm Up: Proper duration (25% of practice should be warm up and stretching)
Proper intensity
Emphasis on planned practice activities for the day

- Stretching: Proper length of stretch (20-30 seconds per stretch)
Stretches come after warm-ups
Attention to detail – correction of proper technique
All body parts are stretched

- Techniques: Does practice have a theme?
Progression from simple to complex (build up)
One primary technique taught per practice
Intensity! Equals match conditions at end of build up
If drill/game doesn't work properly, adjustments are made or drill is dropped to move on to next activity
WHY! Players are taught why what they are learning is important

- Test: Controlled small-sided game. Coach sets rules to test lesson learned that day

- Use of Time: Water Breaks – kept short
How long does it take to switch between drills
Is practice time wasted?
Does coach lecture too much or explain succinctly and move on?
Does coach keep the players' interest?

- Cool Down: Does the coach have players cool down properly after practice?
Cool down should be a gradual decrease in intensity
Final stretching