

Fremont YSC: Evaluation and Reflection Sheet



Name:		Date:
Topic:		
Aims:	1:	
	1:	
	1:	

Coaching Theme	Observation Guidance	Rating				
Practice Layout	Is the area size correct for the task being performed and for the age of the players being coached?	Not Appropriate		Extremely Appropriate		
		1	2	3	4	5
Practice Transitions	How effectively does the practice flow between activities? Consider the Time taken and links in the content.	Not Effective		Extremely Effective		
		1	2	3	4	5
Realism	Does the practice resemble game realistic activities? (e.g., is the repetition and/or conditions realistic to the game)	Not Realistic At All		Extremely Realistic		
		1	2	3	4	5
Progression / Regression	How well did you select the appropriate task, condition or alteration to support the individual player?	Not Well At All		Extremely Well		
		1	2	3	4	5
Demonstrations	Were you able to use appropriate demonstrations at the correct time to aid player learning/understanding?	Not At All		Very Much So		
		1	2	3	4	5
Tasks and Targets	How well were you able to challenge individuals and/or the group based on your evaluations of their performance?	Not Well At All		Extremely Well		
		1	2	3	4	5
Communication	What impact did your communication have on player / group understanding? (Individually and/or Collectively)	No Impact		Clear Impact		
		1	2	3	4	5
Player Involvement	To what extent were the players able to be active and/or involved with the ball?	Very Little Involvement		High Level of Involvement		
		1	2	3	4	5
The Coaching Process	How well were you able to affect the players' performance by utilising the entire coaching process?	Not Well At All		Extremely Well		
		1	2	3	4	5

To what extent did the players engage (e.g., have fun, learn) in the session?

No engagement at all Lots of engagement
1 2 3 4 5

Why did the players engage (or not)?

What can be done to make it more engaging next time?

To what extent were you able to affect the performance of individuals within the group?

Not effective Extremely effective
1 2 3 4 5

What can be done to make sure you have the same, or an even better, impact next time?

What's the main thing you can do to make the session even better next time?