



Coaching Skills Checklist

Self Evaluation Questionnaire

	Mostly	Sometimes	Never
Coaching style			
1 Did I smile, praise and encourage to reinforce the actions of the participants when they performed correctly?			
2 Did I reward effort as well as outcome?			
3 Was I consistent and fair in my treatment of all participants?			
4 Did I encourage the participants to have an input into team decisions and did I listen to them when they had something to say?			
5 Did I reinforce team rules fairly and consistently?			
6 Was I patient and supportive of the participants as they learn?			
7 Did I show the enthusiasm while coaching that I expect from the participants?			
8 Did the participants have fun during the training/game?			
9 Did I emphasise winning too much?			
10 Did I exercise self-control in situations that made me angry?			
11 Was I sensitive to the individual needs of all the participants?			
12 Did I personally demonstrate good sporting behaviour?			
13 Did I argue with, or complain about, officials?			
14 Did I encourage parents to attend games?			
15 Was I patient and tolerant with all participants, regardless of individual skill levels?			
16 Did the participants have equitable game time or did I over-play the more skilled participants?			
Session Planning and Implementation			
17 Was I well prepared and organised for training sessions?			
18 Did I keep the participant's level of maturity in mind when planning the session?			
19 Was I prompt in arriving at training/competition?			
20 Was the equipment organised and did the session run smoothly?			
21 Was my training session varied and interesting so that it challenged all participants and developed their confidence?			
22 Were the demonstrations appropriate? (i.e. was a good model provided, could everyone see, did everyone understand the instructions)			
23 Was I able to assist participants to correct errors when they occurred?			
24 Did the participants have a chance to play with minimum guided instruction?			
25 Did I use a variety of teaching / coaching methods?			
26 Did I group participants appropriately, and give everyone the chance to develop their skills?			
27 Did I give constructive and specific feedback?			
28 Did what I said to the participants match my non-verbal actions towards them?			
29 Did I over-coach during training/game by giving too many instructions?			
30 Did I change my communication methods to suit the needs of the participants?			