

Level 1 Coach Assessment Sheet



NAME OF COACH: _____

AGE GROUP: _____

EXPERIENCE: _____ YEARS

FOOTBALL COMMISSION INC.

	Not Assessed	Evident	Not Evident	Comments
Preparation				
• Session plan				
• Facility/Props ready/ appropriate				
• Safety precautions				
• Parent Use				
Organisation/Implementation				
• Punctual start				
• Sound organization/control				
• Appropriate warm ups				
• Appropriate skill teaching				
• Appropriate skill games/drills				
• Maximum player participation				
• Praise/encouragement given				
• Equipment well used				
• Appropriate dress				
• Assistants well used				
Communication				
• Audible/understood/to the point				
• Appropriate language				
• Positioning				
• Variety of communication				
Demonstration/Skill Introduction				
• Sound knowledge of skills				
• Sound skill demonstration				
• Used two/three points only				
• Repeated a number of times				
• Attention gained/maintained				
Skills Practice				
• Commenced efficiently				
• Maximum participation				
• Good use of equipment				
• Appropriate for the group				
• Appropriate time spent				
• Feedback provided				
• Error Detection/Correction given				
• Assistants well used				

	Not Assessed	Evident	Not Evident	Comments
General				
• Code of Conduct awareness				
• Positive reinforcement given				
• Enthusiasm				
• Challenge provided				
• Aims of session achieved				
• Team Plan and Team Rules evident				
Overall Rating	Not Assessed	Needs to Improve	Competent	
• Preparation				
• Organization/Implementation				
• Communication				
• Demonstration/Skill Intro.				
• Skills Practice				
• General				

Assessor: _____

COACH ACCREDITATION LEVEL: _____ YEAR GAINED: _____

GENERAL COMMENT:

Competent / Not Yet Competent

Signed : _____ (Assessor) Date: _____

Signed : _____ (Coach) Date: _____