

## Coach Observation Check List:

Coach Name: \_\_\_\_\_

Activity Type: \_\_\_\_\_

<b>Building Rapport:</b>	Tutor Notes
• 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?	
<b>Explain:</b>	
• Did the Coach gain the players attention before giving feed back?	
• 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>	
• Did the Coach use the 'How to Coach' Skills?	
• Did the Coach stick (roughly) to the activities listed on the skill card?	
• Did the Coach progress the activities using the STEP model?	
• Do they show an ability to adapt to situations/show flexibility in their coaching?	