

Coaching Evaluation Process

Coach Self Assessment

A self-assessment is a useful tool for personal development. It creates an introspective look into your personal coaching style and motivations. It can target your strengths and weaknesses, and may lead you to realizations about your barriers to a more effective coaching style.

On behalf of the KDMHA and parents, thank-you for your commitment to continuous learning and development for the benefit of the children.

Hockey Season (i.e. 2004/05) _____

Level (i.e. Atom, Bantam) _____

Competitive or House _____

1. Use this form to assess your roles as a leader, teacher, and organizer. For each statement select the word that best describes you. You can use this chart to assess yourself throughout the season.

	Excellent	Good	Needs Improvement
As a leader I:			
Establish goals			
Use a democratic coaching style			
Am a good role model			
Develop leadership skills in my athletes			
Have a positive relationship with referees			
Interact effectively with parents			
Help athletes maximize their potential			
As a teacher I:			
Teach the necessary hockey skills			
Teach the skills using the proper sequence and progressions			
Teach skills using understandable language			
Realize athletes differ in their readiness to learn a skill			
Realize athletes learn skills at different rates			
Teach more than just hockey skills			
As an organizer I:			
Plan effective practices			
Select very good assistant coaches			
Have parents assist in the program			
Attend to details			
Communicate effectively			

Kemptville District Minor Hockey Association Coach Development Program

2. Each coach should ask themselves the following questions each season.

- ✓ How can I improve my teaching and coaching techniques this year?
- ✓ How can I increase my communication skills with my players, their parents and the association?
- ✓ How can I improve my lifestyle, personal fitness and diet this year?
- ✓ Do I give quality time to my family and my self?
- ✓ Do I have any habits or characteristics that need improvement/correcting this year?
- ✓ Have I set my goals and objectives for the season?

3. Complete the following checklist at regular intervals throughout the season.

	Yes	Sometimes	Not Yet
I make athletes feel at ease in conversations with me.			
I involve the athletes in making decisions when it is appropriate.			
I actively help athletes who are having difficulty.			
I am well prepared for each practice and game.			
I plan my practices so that progressions take place for one practice to the next.			
I include a warm-up and cool down in each session.			
I do a safety check of the facility before each practice and game.			
I develop a sense of mutual respect among athletes.			
I promote respect for officials and the rules of the game.			
I have a zest and enthusiasm for coaching.			

4. Helping athletes become Better People. Which of the following are parts of my coaching strategies?

	Yes	No
I discuss my plans for the number and duration of practices with my athletes or their parents. I am reasonable in my demands on their time.		
I teach my athletes to obey the rules of the game.		
I ask my athletes what they want from the sport experience. Studies have shown that most children play for fun and would rather play for a losing team than sit on the bench of a winning one.		
I teach my athletes to treat the officials and other participants with respect.		
I never criticize or ridicule my athletes. I offer constructive feedback and present any perceived problems as positive challenges.		
I have guidelines for behaviour in place and discuss these with my athletes.		
I make an effort to learn new skills and improve myself as a coach.		
I recognize and reward achievements other than the scoring of points. Fair play, teamwork and improved performances are also vital and deserve recognition.		
I allow all participants equal playing time in all situations and practices time.		
I am a positive role model for the athletes I coach. Setting a positive example is the best way to encourage positive behaviour in others.		