



COACH SELF EVALUATION TOOL

The purpose of this tool is to assist you in identifying your coaching strengths and focus areas. Give yourself an honest rating under each category. Once you have completed the evaluation, identify 1-3 priority areas to focus on to improve your coaching. It is useful to review your Self Evaluation Tool regularly throughout the season to see where you are making progress, or perhaps require extra help.

(1) Strongly Disagree (2) Disagree (3) Agree (4) Strongly Agree

Organizational Skills

I arrive on time	1 2 3 4
I dress appropriately	1 2 3 4
I always prepare a practice/training session plan with logical progressions	1 2 3 4
I challenge all athletes	1 2 3 4
I show concern for the health and safety of all my athletes during practice and competition	1 2 3 4
I set clear boundaries for athletes	1 2 3 4
I have the ability to treat minor injuries and exhibit reasonable conduct when handling accidents or emergencies	1 2 3 4

Instructional Skills

I introduce skills clearly and accurately	1 2 3 4
I demonstrate skills properly and uses correct techniques	1 2 3 4
I ensure that the activity is suitable for the age, experience, ability and fitness level of each athlete	1 2 3 4
I encourage questions and create a non-threatening practice environment	1 2 3 4
I explain the reason for doing the activity/drill	1 2 3 4
I assist in the development of short and long-term goals, for each athlete and for the team	1 2 3 4
I have the ability to analyze player's strengths and weaknesses	1 2 3 4

Communication and Interpersonal Skills

I am enthusiastic and positive	1 2 3 4
I am dedicated to the sport and the team	1 2 3 4
I demonstrate a sense of fair play and promote sportsmanship	1 2 3 4
I am patient and tolerant	1 2 3 4
I am honest and fair	1 2 3 4
I am a good role model and set a positive example at all times	1 2 3 4
I have a sense of humor	1 2 3 4
I treat all players equally and enforce team rules consistently	1 2 3 4
I use appropriate verbal and non-verbal communication	1 2 3 4
I find a way to make all the athletes feel good about themselves	1 2 3 4
I know when to use discipline and when not to	1 2 3 4