

## GUIDANCE FOR COACHING SESSION: SELF EVALUATION

<p><b>Personal Coaching Goals (HOW-2):</b>          By the end of the session I will have...          This is the goal written in the session plan. It is about the coach and the 'How 2' skills that they are going to use. Make sure that it is the same goal here as the one the one written on the plan for the session!</p>	
<p><b>Did you achieve this goal?</b></p>	
<p><b>What did you do that may have caused this?</b></p>	
<p><b>What else went well with the session?</b>          Refer to the personal goal. Did the athletes really understand? Was the demo clear?</p>	
<p><b>What was it that you did to enable this?</b>          Because the coach thought about the words to use? Because the coach positioned themselves or the athletes well?</p>	
<p><b>What didn't go so well?</b>          Were the instructions not heard? Too many key points? The technical points not achieved?</p>	
<p><b>Why?</b>          Too windy, group too big and didn't change group dynamics?          Gave them three instead of two. They found it difficult?</p>	
<p><b>Information and feedback from Support Coach</b>          Did the Support Coach say anything during the session?          What about the athletes, did they say anything?          Did anyone else give the coach feedback – parents, other coaches or athletes?</p>	
<p><b>What I learnt/want to improve in my coaching</b>          When the coach has looked at and thought about all of the above which are the key things that they need to work on? Keep it precise so that it can be used as a personal goal next time. i.e. Make sure that I only give two key points during the demonstration. Observe from four positions for the athlete.</p>	
<p><b>Action Plan to improve my coaching</b>          Identify what the coach needs to do, how will the coach do it?!</p>	
<p><b>What support do I need?</b>          This will depend on the Action Plan</p>	<p><b>Who will provide this support?</b>          Apart from the Support Coach is there anyone else who could guide or support the coach?</p>
<p><b>How will I measure my improvement/success?</b>          This will depend upon the goal so keep it precise. I used the key points. The athletes could do the action I had demonstrated. They understood the key points.</p>	