



# Competition Coaching Evaluation Checklist

## Pre-competition readiness

- Was sufficient time set aside for on-site warm-up (aerobic, stretches, technical skills)?
- Did the pregame message match emotional needs of athletes and connect to core values?

Observer comments:

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## Competition management

- Did the coach prepare a list of checkpoints (technical, tactical, physical, and mental cues)?
- Did the coach make tactical adjustments at appropriate times to control momentum?
- Did the coach give clear and concise instructions when speaking to athletes?
- Did the coach provide frequent encouragement and positive reinforcement to all athletes?
- Did the coach demonstrate emotional control at all times during the competition?

Observer comments:

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## Post competition debriefing and closure

- Did the coach and athletes congratulate opponents and thank officials?
- Was the competition area left clean (sideline, marquee, warm-up area, and so on)?
- Was model behaviour and effort recognised in the coach's post-competition message?
- Were athletes given an opportunity to address their teammates and share their competition reflections?
- Were athletes reminded about the upcoming practice or competition schedule?
- Did the coach check on individual athlete's post competition needs?
- Did the coach attend to required administrative duties?

Observer comments:

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