



Post-Practice Coach Reflection

Feature 1: Set challenging and specific practice goals

- Were practice goals shared with the athletes at or before the start of practice?
- Were practice activities demanding yet attainable for most athletes?
- Did I tell the athletes why we were doing each activity before they started it?
- Were athletes given feedback on their practice performance today?

Coach comments on feature 1:

Feature 2: Keep athletes physically and mentally active throughout practice

- Was practice the right length to sustain athlete focus and energy right to the end?
- Did I arrive with a detailed written practice plan for today's session?
- Did I teach new material at the start of the practice?
- Was transition time between activities kept to a minimum?
- Did I end practice with a fun, positive activity?

Coach comments on feature 2:

Feature 3: Give athletes choices and ask them for input on practice design

- Were athletes asked for their input when designing the practice?
- Were a few minutes set aside for free play or athlete-directed practice?
- Were athletes given some choice of activities in today's practice?
- Was I open to allowing athletes to perform skills in ways that felt right to them?

Coach comments on feature 3:

Feature 4: Create competitive game-like practice activities

- Were athletes required to perform some activities under competition-like pressure?
- Was each athlete physically active and on task most of the time?
- Was there a reward or consequence for athlete performance during the game-like activity?
- Did I recognise athletes who gave maximum effort for the game-like activity?

Coach comments on feature 4:
