



Coaching Session Evaluation Checklist

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?
- Were athletes told why they were doing each activity before they started it?
- Were athletes given feedback on their practice performance and effort?

Observer comments:

Keep athletes physically and mentally active throughout practice

- Was practice the right length to sustain athlete focus and energy (no more than 2 hrs)?
- Did the coach arrive with a detailed written practice plan for the session?
- Was practice space being used to the best advantage?
- Was transition time between activities kept to a minimum?
- Did the coach end practice with a fun, positive activity?

Observer comments:

Give athletes choices and ask them for input on practice design

- Were a few minutes set aside for free play or athlete-directed practice?
- Were athletes given some choice of activities in the practice?
- Was the coach open to allowing athletes to perform skills in ways that felt right to them?

Observer comments:

Create competitive game-like practice activities

- Were athletes required to perform some activities under competition-like pressure?
- Were all athletes physically active and on task most of the time?
- Did the coach provide sufficient and clear teaching cues?

Observer comments: