

*As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you.*

*The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.*

# Assessment Tips for Community Coaches



Great coaches are continually looking for ways to improve. In order to be able to tell if you are improving, you will need to ask yourself and others "How am I doing?"

Self-assessment Sheet #1 (pdf, 113KB) and Self-assessment Sheet #2 (.pdf, 105KB) are tools to help you check how you are doing as a community coach. You will see that they are clearly focused on your ability to provide a fun and safe environment in which children can learn through playing a sport. You may choose to use them throughout your season by asking a trusted parent or an assistant to fill them in for you, or by filling them in yourself.

## **A few words on receiving feedback from others...**

- When you ask others their feedback, remember to listen attentively to their observations and comments without expressing defensiveness. You may not always agree with their observations, but you have asked for the input, so it deserves to be considered with an open mind.
- If possible, try to gather feedback from more than one person, and look for commonalities among their comments.
- It is your choice what you decide to implement and what comments you choose to ignore. The power to change your behaviours remains yours alone.

### **Tip:**

The greatest way to encourage children/youth in sport to receive your feedback as a coach and to try to improve their abilities is to model this behaviour. Coaches who regularly ask for feedback and who actively seek to improve their intervention skills are showing the children they coach that it is good to aim at getting better in whatever you do.

It is very true that a picture is often worth more than words alone.

**Source:** *Community Sport – Initiation, Coach Toolbox*, Coaching Association of Canada, 2003.

