

This is a self-assessment for coaches to reflect on their coaching practice and identify areas of strength and areas for improvement. Rate your coaching in each area below by circling your score from 1-4 and write examples of how you demonstrate each competency.

Rating Scale

1 = not present in coaching practice

3 = present with some room for improvement

2 = inconsistently present in coaching practice

4 = consistently present at the highest quality

SPORT SKILLS	RATING	EXAMPLES
Set Goals for the Season <i>Example:</i> Work with the team to create goals for how they want to perform at the first competition.	1 2 3 4	
Organize Athlete Training Effectively <i>Example:</i> Ensure that conditioning is specific to train the skill you are aiming to improve for the team (not just running to "get in shape.")	1 2 3 4	
Prepare Athletes for Competition <i>Example:</i> Teaching the team to use box breathing to manage competition nerves.	1 2 3 4	
Purposefully Teach Technical Skills <i>Example:</i> Model correct technique on skills and provide key cues for how to execute the skill.	1 2 3 4	
Appropriately Teach Strategy/Tactics <i>Example:</i> Scaffold drills to increase in difficulty to practice new strategies during the game	1 2 3 4	
Provide Quality Feedback <i>Example:</i> Give instruction for improvement when an athlete makes a mistake instead of only pointing out what was done incorrectly.	1 2 3 4	

ADMINISTRATIVE SKILLS	RATING	EXAMPLES
Promote Physical Safety <i>Example:</i> Knowing the emergency action plan for your practice location.	1 2 3 4	
Effectively Communicate <i>Example:</i> Explicitly share expectations with players and parents/caregivers when conflict arises.	1 2 3 4	
Track Program Statistics & Records <i>Example:</i> Keep a records book or file to confirm personal records, team records, and performance markers each season.	1 2 3 4	
Manage Equipment Needs <i>Example:</i> Order new uniforms on time so all equipment arrives before the first game of the season.	1 2 3 4	
Manage the Budget <i>Example:</i> Regularly submit the appropriate paperwork to the Athletic Director for expenses with the means of the budget.	1 2 3 4	

COACHING BEYOND SKILLS	RATING	EXAMPLES
Foster Character & Life Skills <i>Example:</i> Explicitly discuss leadership in sports and how it can be used elsewhere in life.	1 2 3 4	
Create Positive Environments to Promote Psychological Safety <i>Example:</i> Address bullying and cliques when they show up in practices.	1 2 3 4	
Connect with Athletes <i>Example:</i> Use wellness check-ins to learn about athletes outside of the field/court/mat, etc.	1 2 3 4	
Model Good Sportsmanship <i>Example:</i> Always shake hands with officials and other coaches after competition.	1 2 3 4	
Regulate Emotions <i>Example:</i> Calmly speaking to athletes even when you are frustrated.	1 2 3 4	
Prioritize Respect <i>Example:</i> Be considerate of other coaches or teams that may share your spaces, even if its inconvenient.	1 2 3 4	
Value Athlete Voice <i>Example:</i> Asking athletes for feedback on practices and following through on making adjustments based on the feedback.	1 2 3 4	
Show Accountability <i>Example:</i> Apologizing to athletes or parents when you make a mistake.	1 2 3 4	
Monitor & Support Academics <i>Example:</i> Host study tables after school so athletes can support each other to complete assignments,	1 2 3 4	

Review your ratings for each coaching skill set and determine areas for growth. Below indicate 1-3 goals that you will implement over the course of the next 3-6 months to improve your overall coaching. Remember to make your goals measurable!

GOAL AREA FOR GROWTH	GOAL

To learn more about Coach Beyond and to access more coaching tools, please visit our website at www.coachbeyond.osu.edu.