



MATCH-FIT
Ireland

Coaching Session Self Reflection/Evaluation

Questions (A = 5; B = 3; C = 1)

1. Was I clear about what we wanted to achieve from the session? A B C
2. Did my session-long communication reflect this?? A B C
3. Was my coaching co-operative and learner focused?? A B C
4. Was I in charge of my emotions and objective?? A B C
5. Did I help players identify and understand barriers to success?? A B C
6. Were players clear on what 'success' looks/feels like?? A B C
7. Did I know and explain steps/stages to success?? A B C
8. Did I involve/designate to other coaches?? A B C
9. Was I patient enough and accepting of the learning process - regression if required??
A B C
10. Did I allow time for debrief and player feedback?? A B C

Session Total = _____ = _____%

Priorities for Upcoming Session(s)

(1) _____

(2) _____

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