

COACH REFLECTION / EVALUATION SHEET



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TOPIC / SESSION / OBJECTIVE:
DATE OF SESSION/GAME:
DURATION ALLOWED FOR THE SESSION:
WEATHER CONDITIONS & PLAYING SURFACE:
LOCATION & TEAM NAME:
AGE & ABILITY LEVEL:
NUMBER OF PARTICIPANTS:

ACTION POINTS FROM LAST EVALUATION

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- Has the organisational procedures and presentation for the session been suitable?
- Has all welfare, health and safety considerations been explained?
- Have the session objectives been clearly outlined to the players prior to starting?
- Have instructions for this session been clear, precise and accurate?
- Have the mannerisms of the coach been positive and constructive?
- Have there been demonstrations carried out for the session?
- Have all the key factors for the session been applied?
- Have all the players been fully engaged throughout the session?
- Have the timings for the session been fluent and relevant for each progression?
- Have player checks and understanding been carried out throughout the session?
- Has there been obvious improvement in player performance and application?
- Have all the progressions been relevant to the topic objectives?
- Has there been a de brief, warm up and cool down applied?

FEEDBACK FROM THIS EVALUATION WITH ACTION POINTS

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NAME OF EVALUATOR / COACH :

DATE :

DATE OF NEXT EVALUATION :

SIGNED :

