



FIELD HOCKEY CANADA

Coaching Self-Assessment Tool

Please complete this self-assessment form as part of your 360 evaluation and prior to your onsite evaluations.

Circle the appropriate number for each statement below:

KEY:

- 1** This is definitely a weak area for me
- 2** I'm somewhat comfortable
- 3** I do this very well

Coaching Task	Coaches Self-Assessment	Coaches Comments
I manage the training environment (including safety awareness, creation of functional learning environment and adapting to "unforeseen" circumstances)	1 2 3	
I run structured and organized practices that reflect my seasonal, weekly, and practice objectives	1 2 3	
I make effective coaching interventions both in practices and games	1 2 3	
I design and sequence activities to enhance learning, develop athletic abilities, and enhance individual and team performance	1 2 3	
I effectively plan for competitions including Pre-, During, and After Competition preparations	1 2 3	
I detect technical errors effectively	1 2 3	
I apply proper correction of technical errors	1 2 3	
I detect tactical errors effectively	1 2 3	
I apply proper correction of tactical errors	1 2 3	