

CABC

COACHES ASSOCIATION OF BRITISH COLUMBIA



Coach Self Evaluation Tool

The purpose of this tool is to assist you in identifying the areas of coaching that you need improve upon. Give yourself an honest rating under each category. Once you have completed the evaluation, total your score and see how you measure up on the CABC Coach Meter below.

(1) Strongly Disagree (2) Disagree (3) Agree (4) Strongly Agree

Organizational Skills

| | | | | |
|--|---|---|---|---|
| I arrive on time | 1 | 2 | 3 | 4 |
| I dress appropriately | 1 | 2 | 3 | 4 |
| I always prepare a practice/training session plan with logical progressions | 1 | 2 | 3 | 4 |
| I challenge all athletes | 1 | 2 | 3 | 4 |
| I show concern for the health and safety of all of my athletes during practice and competition | 1 | 2 | 3 | 4 |
| I set clear boundaries for athletes | 1 | 2 | 3 | 4 |
| I have the ability to treat minor injuries and exhibit reasonable conduct when handling accidents or emergencies | 1 | 2 | 3 | 4 |

Instructional Skills

| | | | | |
|---|---|---|---|---|
| I introduce skills clearly and accurately | 1 | 2 | 3 | 4 |
| I demonstrate skills properly and uses correct techniques | 1 | 2 | 3 | 4 |
| I ensure that the activity is suitable for the age, experience, ability and fitness level of each athlete | 1 | 2 | 3 | 4 |
| I encourage questions and creates a non-threatening practice environment | 1 | 2 | 3 | 4 |
| I explain the reason for doing the activity/drill | 1 | 2 | 3 | 4 |
| I assist in the development of short and long term goals, for each athlete and for the team | 1 | 2 | 3 | 4 |

I have the ability to analyze player's strengths and weaknesses 1 2 3 4

Communication and Interpersonal Skills

I am enthusiastic and positive 1 2 3 4

I am dedicated to the sport and the team 1 2 3 4

I demonstrate a sense of fair play and promotes sportsmanship 1 2 3 4

I am patient and tolerant 1 2 3 4

I am honest and fair 1 2 3 4

I am a good role model and sets a positive example at all times 1 2 3 4

I have a sense of humor 1 2 3 4

I treat all players equally and enforce team rules consistently 1 2 3 4

I use appropriate verbal and non-verbal communication 1 2 3 4

I find a way to make all the athletes feel good about themselves 1 2 3 4

I know when to use discipline and when not to 1 2 3 4

_____ **Total**

CABC Coach Meter:

75 – 100 **Excellent**, you are a well organized coach and have great communication skills. Keep up the good work and continue your coaching development through further training, education and certification!

50 – 75 **Good**, you have mastered some of the necessary skills but need to improve certain areas of your coaching expertise. Contact CABC and your PSO to find some resources available for your specific needs.

25 – 50 **Needs Improvement**, you could use some help in some areas of your coaching and would benefit from more interaction with other coaches in your sport and from exploring and accessing the considerable resources at CABC.

1 – 25 Please contact the CABC about signing up for the NCCP program to develop your coaching skills and to make you more comfortable and effective in fulfilling your coaching responsibilities. You have what it takes to become a great coach one day!