

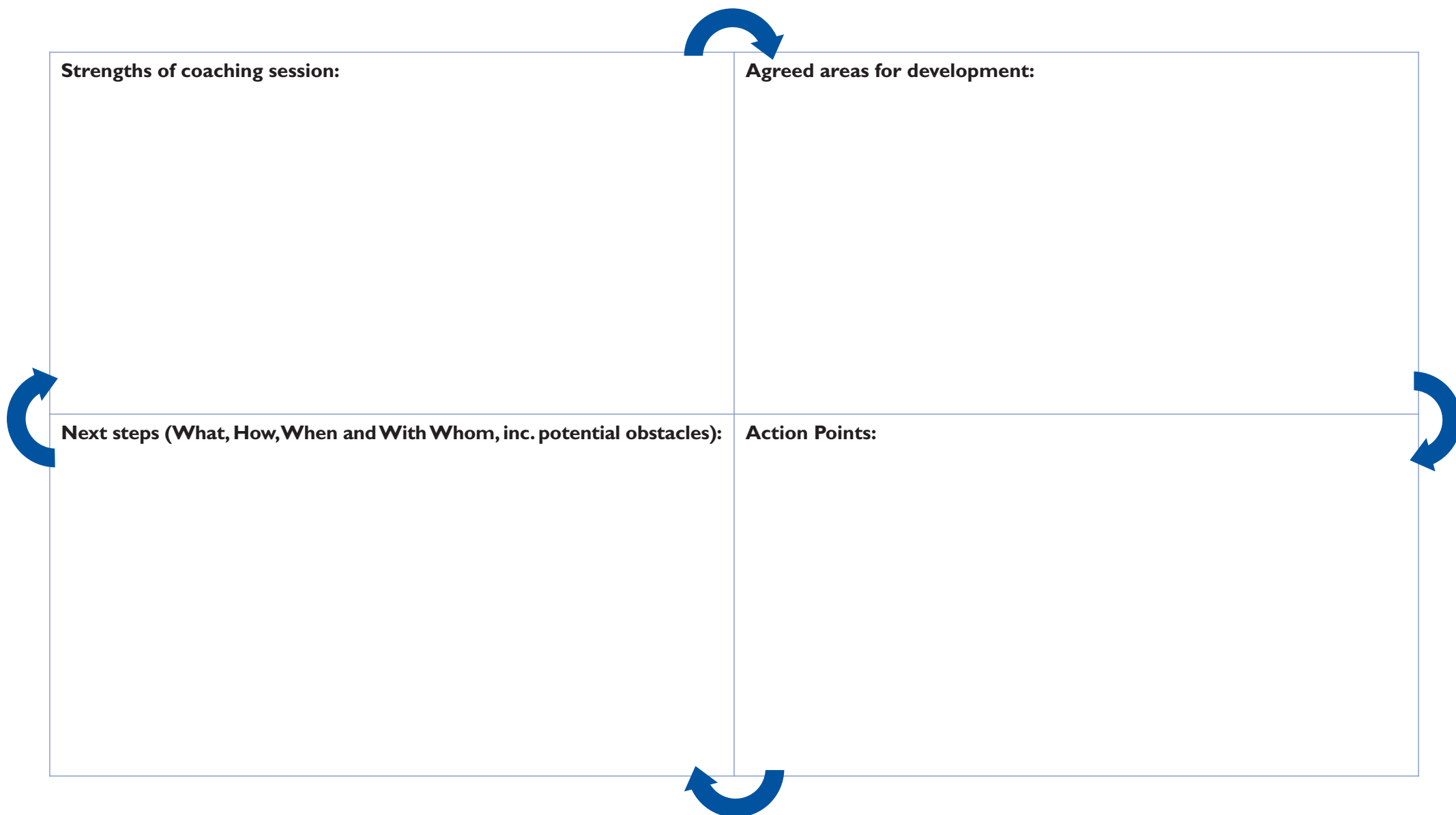
Coach Learning Journey: Coach Observation



Date:		Coach:	
Who (athletes/team):		Coach Developer:	

Observation Prompts	Observations (note timings where relevant)
Objectives/Goals	
<ul style="list-style-type: none"> What are the goals for the session? Are they just physical and/or technical? Do they include tactical, psychological or interpersonal skills? Did the coach follow the session plan? Follow up...why or why not. <p>Focus your lens: Are the athletes aware of the aims ('the why') of the session?</p>	
Environment	
<ul style="list-style-type: none"> How did the coach start the session? What happened in the first 10 minutes? <p>Focus your lens: How are the athletes learning and developing?</p>	
Coaching Activities and Tasks	
<ul style="list-style-type: none"> Do the session activities link to the objective(s)? How is the coach adapting tasks to develop the session or create challenge? Are the athletes practising skills under realistic pressure? <p>Focus your lens: Look at 'time on task' – How much are athletes (1) physically practising, (2) Talking, listening or reflecting/solving problems (related to practice) or (3) Off task?</p>	

Observation Prompts	Observations (note timings where relevant)
Athletes	
<ul style="list-style-type: none"> • What does the coach do to 'stretch' the most talented and also support those struggling? • Does the coach provide opportunities for athletes to work collaboratively towards goals? <p>Focus your lens: How engaged are the athletes? Are they smiling? Are they working hard?</p>	
Coach	
<ul style="list-style-type: none"> • How does the coach support learning? • Did the coach use questioning, feedback, demonstration, instruction and enable athletes to problem solve? <p>Focus your lens: How do athletes respond to the coach's feedback and support? Who is asking/answering the questions?</p>	
Learning	
<ul style="list-style-type: none"> • Has the coach considered developing the whole athlete (Pillars of performance and holistic development)? • What was learnt? How did the coach evaluate this? Did they check for learning? Did the coach link to the next session? <p>Focus your lens: How does the coach encourage self-reflection and critical thinking? Did the coach reinforce the links between development and performance in competition?</p>	



Tips for facilitating the action plan - Use open questions to:

Invite the coach to speak first | Keep the dialogue going | Check for understanding | Explore what will have the biggest impact on the coach