

COACHING COMPETENCIES OF A DEVELOPMENT COACH

SKILL SESSION OBSERVED: _____

COACHING COMPETENCIES	RECORD YOUR OBSERVATIONS OF A COACH IN ONE OF THE VIDEOS
Implements good practices to reduce risk and provide a safe coaching environment	
Ensures group organisation maximises player participation and enjoyment	
TEACHING	
Identifies the most salient coaching points appropriate to the skill presented	
Provides a demonstration to highlight the main coaching points of the skill	
Provides adequate time for practice, and observe athletes' performance	
Applies the coaching points identified to improve player's skill performance	
Progressively adds challenges in a sequential 1-5 manner or alternately removes challenges to adapt the activity to cater for individual abilities	

COMMUNICATION

Checks the players' understanding of the instructions and gives them the opportunity to ask questions

Applies the coaching points identified to provide positive and/or corrective feedback

Is able to engage the player using verbal and non-verbal techniques (for example; use of voice and expression, eye contact, active listening techniques and questioning in a player centered approach)

DYNAMIC ACTIVITY - (GAME SENSE)

Creates opportunities and challenges for players to devise their own individual and team strategies to solve problems in tactical and strategic scenarios

Recognises the techniques of basic netball skills into relevant court situations

REVIEW/SELF-REFLECTION

Uses self-reflection techniques to evaluate:

THINK ABOUT YOUR OWN COACHING COMPETENCIES AT PRESENT

List two areas of these coaching competencies that you feel are your **strengths** at present

- 1.
- 2.

List two areas of these coaching competencies that you feel are your areas for **improvement** at present

- 1.
- 2.