

Checklist For Good Coaching

1. Plan

- Have a Purpose
- Plan for maximum activity
- Prepare ample equipment before beginning a session
- Ensure training are is safe
- Ensure the activities are appropriate to the age and standard of the participants

2. Demonstrate

- Be concise
- Highlight key points
- Be sure all can see
- Repeat Several times

3. Practise

- Progress from simple to complex ie build the activity
- Allow time for preparation
- Provide opportunity to practise in a game situation

4. Observe

- Position yourself so that you can see all participants

5. Coach/Feedback

- Be positive
- Be specific
- Emphasise key points
- Re-demonstrate if necessary