



### Community/Grassroots Coach Evaluation Tool

The purpose of this tool is to use it to evaluate volunteer coaches and to identify areas where coaches could improve themselves. We strongly encourage parents to fill these out with their children. Please rate items under each category as follows:

**(0) Don't Know (1) Strongly Disagree (2) Disagree (3) Agree (4) Strongly Agree**

#### Organizational Skills

The coach arrives on time	0	1	2	3	4
The coach dresses appropriately	0	1	2	3	4
The coach prepares practice/training session plan with logical progressions	0	1	2	3	4
The coach challenges all athletes	0	1	2	3	4
The coach shows concern about the health and safety of the athletes during practice	0	1	2	3	4
The coach sets clear boundaries for athletes	0	1	2	3	4
The coach has the ability to treat minor injuries and exhibits reasonable conduct in handling accidents	0	1	2	3	4
The coach has an Emergency Action Plan (EAP) to guide his/her responses in situation of accidents or injury	0	1	2	3	4
When working with assistant coaches, the coach ensures their capabilities include the duties/tasks assigned	0	1	2	3	4

Comments:

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## Instructional Skills

The coach introduces skills clearly	0	1	2	3	4
The coach explains skills simply and accurately	0	1	2	3	4
The coach demonstrates skills properly and uses correct techniques	0	1	2	3	4
The coach explains the reason for doing the activity/drill	0	1	2	3	4
The coach ensures that the activity is suitable for the age, experience, ability and fitness level of each athlete	0	1	2	3	4
The coach encourages questions and creates a non-threatening practice environment	0	1	2	3	4
The coach assists in the development of short and long term goals, for each athlete and for the team	0	1	2	3	4
The coach has the ability to analyze player's strengths and weaknesses	0	1	2	3	4

Comments:

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## Communication and Interpersonal Skills

The coach is enthusiastic and positive	0	1	2	3	4
The coach is dedicated to the sport and the team	0	1	2	3	4
The coach demonstrates a sense of fair play and promotes sportsmanship	0	1	2	3	4
The coach is patient and tolerant	0	1	2	3	4
The coach is honest and fair	0	1	2	3	4
The coach is a good role model and sets a positive example at all times	0	1	2	3	4
The coach has a sense of humor	0	1	2	3	4
The coach uses appropriate verbal and					

non-verbal communication	0	1	2	3	4
The coach finds a way to make all the athletes feel good about themselves	0	1	2	3	4
The coach provides both positive and constructive feedback	0	1	2	3	4
The coach know when to use discipline and when not to	0	1	2	3	4

Comments:

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If a rating of 1 or 2 was indicated in any of the areas listed above, please review this with the coach and try to identify ways to improve each area. This tool was designed to assist coaches in providing the best experience possible for young athletes. For more information on coach education contact the Coaches Association of BC.

## **Marking system for Community/Grassroots Level Coach**

Total number of questions: 26

Total possible marks: 104

### **Evaluation breakdown**

Organizational Skills: Seven questions, 28 possible marks

Instructional Skills: Eight questions, 32 possible marks

Communication/Interpersonal Skills: 11 questions, 44 possible marks

92-104: Excellent coaching ability! There's no harm in continuing your coaching education so that you can be up to date with current coaching information.

78-92: Good, you have mastered some of the necessary skills but need to improve certain areas of your coaching expertise.

52-78: Needs Improvement. You could use some help in some areas of your coaching

0-52: Please contact the CABC about signing up for the NCCP program and developing your coaching skills. You have what it takes to become a great coach one day!