

# JUNIOR LICENCE

## Coach Reflection Sheet



Focus on one area only each session (e.g. Communication)

Organisation	Yes	No
Were markers, balls, bibs, etc. set up before players arrived?	<input type="radio"/>	<input type="radio"/>
Was there a simple warm-up established for the players as they arrive?	<input type="radio"/>	<input type="radio"/>
Were safety aspects considered when setting up the playing area?	<input type="radio"/>	<input type="radio"/>
Did sessions run smoothly and on time?	<input type="radio"/>	<input type="radio"/>
Communication		
How is a player's attention gained?		
Example:		
Was positive interaction made with each player during the session/game?	<input type="radio"/>	<input type="radio"/>
Was the transition between practices quick and efficient?	<input type="radio"/>	<input type="radio"/>
Did the players understand instructions quickly?	<input type="radio"/>	<input type="radio"/>
Were instructions given simply and quickly?	<input type="radio"/>	<input type="radio"/>
Were the players actively involved in the practice quickly?	<input type="radio"/>	<input type="radio"/>
Was there a focus on the seasons' goals at each session/game?	<input type="radio"/>	<input type="radio"/>
Were the sessions supervised in an active and enthusiastic manner?	<input type="radio"/>	<input type="radio"/>
If necessary, were the players disciplined without putting them down?	<input type="radio"/>	<input type="radio"/>
Safety		
Was the playing area inspected prior to arrival of players?	<input type="radio"/>	<input type="radio"/>
Was there any ice nearby for injured players?	<input type="radio"/>	<input type="radio"/>
Was responsibility delegated for emergency situations?	<input type="radio"/>	<input type="radio"/>
Do at least 3 parents know where the closest phone is?	<input type="radio"/>	<input type="radio"/>
Is there access to a qualified sports trainer?	<input type="radio"/>	<input type="radio"/>
Appropriateness		
Were the players active throughout the session?	<input type="radio"/>	<input type="radio"/>
Did the players have numerous opportunities to participate in each practice?	<input type="radio"/>	<input type="radio"/>
Was the players' response enthusiastic?	<input type="radio"/>	<input type="radio"/>
Were the players keen to continue participating in the practice?	<input type="radio"/>	<input type="radio"/>
Did the players respond to questions asked?	<input type="radio"/>	<input type="radio"/>
Comments		

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	Yes	No
Did the practice start quickly? <i>Comments:</i>	<input type="radio"/>	<input type="radio"/>
Did the practice provide opportunity for repetition of the player's actions? <i>Examples:</i>	<input type="radio"/>	<input type="radio"/>
Did the coach consider safety aspects? <i>Examples:</i>	<input type="radio"/>	<input type="radio"/>
Did the coach use simple instructions? <i>Examples:</i>	<input type="radio"/>	<input type="radio"/>
Was the response of the players enthusiastic? <i>Comments:</i>	<input type="radio"/>	<input type="radio"/>
Would you change any part of the session? <i>Comments:</i>	<input type="radio"/>	<input type="radio"/>
Did the selection of practices produce the desired response? <i>Comments:</i>	<input type="radio"/>	<input type="radio"/>
Overall, what worked well? <i>Examples:</i>		
What needs to improve? <i>Comments:</i>		