

Coaching Session Self Evaluation

Personal Coaching Goals (How-2):

By the end of the session I will have measured the coordination and agility of my athletes. I'll have assessed their running technique up and down hill.

Did you achieve this goal? I did measure their agility, estimated the coordination. I found some mismatches in the running of some of the athletes. 60% achieved.

What did you do that may have caused this? I had a very precise test to measure the agility. The coordination assessment was quite simple.

What else went well with the session? The athletes were able to understand the session activities and goals and they responded well and had a good atmosphere. Surprisingly, great feedback from the athletes at the end of the session.

What was it that you did to enable this? First, I've thought advance about every step of the session in advance. The group knows me and most of them had done similar sessions before. I tried to encourage them all the time. I talked to them about the session at the end.

What went less well? I had the athletes standing in the middle of the warm up in a cold night. One of the athletes had to stop near the end with pain in his knee.

What did you do that may have caused this? I might have tried to squeeze too many tests and assessments in one session. It was the first session for the injured athlete after a few weeks break. I kept asking if he was alright but I might have tried to slow him down a bit.

Information and feedback from Support Coach

Just a say a quick well done for the session.

- I could see that you have thought about what you wanted to see and observe from the athletes.
- You were able to talk well about the runners and able to make changes to what you were doing when needed (EG observing from different angles)
 - The session was clear and well defined for the runners
- The group responded well to you and the session had a good atmosphere (despite the cold weather)

A few points to consider

- Think about how you can incorporate the warm up. co-ordination activities in a way that gets everyone moving about. You can then just pick one or two people to watch or isolate a particular part of the template to observe (EG triple extension) and then get lots and lots of opportunities to watch the movement. Perhaps try the activity I discussed last night
- Think how else we can get information from the athletes to help inform your observations of them. I spoke to Graham today and he was able to talk a bit about his form when he was running which allows both you and the athlete become more informed about what is happening and can make changes in the future. Getting good feedback is really important to making your coaching better and to help them reflect on what they are doing.

What I learnt/want to improve in my coaching Really surprised by the great feedback I got from the athletes. I really need to improve my running form assessment and the ability to spot mismatches.

Action Plan to improve my coaching

Review running templates before next session. Remember to focus on a single part of the template at a time. Keep practising. If I can improve after a couple more session I might consider taking photograph/videos.

Explain/show the athletes the templates and ask for their feedback.

Attend the UKA Movement Skills Workshop.

What support do I need?

Need someone to discuss my findings.

Who will provide this support?

Support coach and fellow run leaders.

How will I measure my improvement/success?

Feedback from other people that find the same problems. Feedback from the athletes.