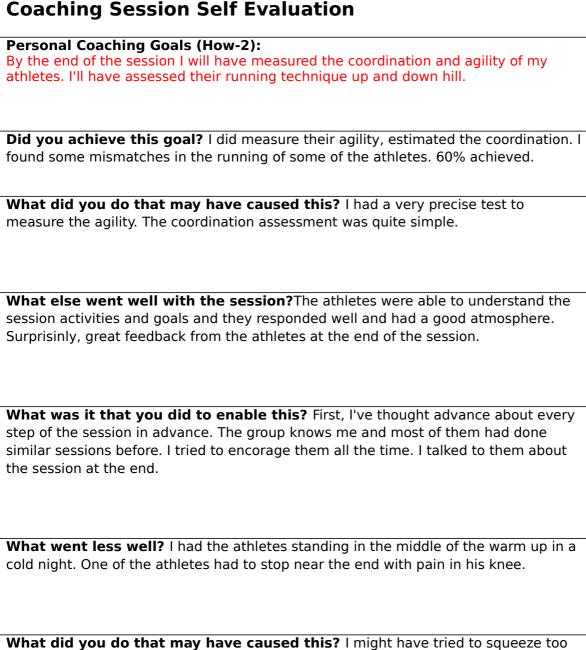
Coaching Session Self Evaluation



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 sursprised by the great feedback I got from the athletes. I really need to improve my running form assessment and the hability 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?	Who will provide this support?
Need someone to discuss my findings.	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.