

HEART



PSYCHOLOGY

FUNDAMENTALS

COACH'S EVALUATION TOOL

NAME:	DATE:	

This Coach's Evaluation Tool is to be used by coaches who have completed the 3Dimensional Coaching Course for Certification and/or College Credit on www.3dinstitute.com. It is designed to be both diagnostic and prescriptive in the evaluation process. If any areas are identified as those that need improvement, coaches can return to the online training to review key concepts and select strategies to improve effectiveness.

FIRST DIMENSION

	Emerging	Developing	Proficient	Distinguished
Strength & Conditioning	0-2	3-4	5-6	7 = =
Notes:				

Utilizes strength & conditioning program to enhance performance of each athlete within specific program

	Emerging	Developing	Proficient	Distinguished
Techniques & Skills	0-2	3-4	5-6	7
Notes:				

Teaches appropriate technique and skills for specific program

Emerging	Developing	Proficient	Distinguished
0-2	3-4	5-6	7
		***************************************	**************************************

	Emerging	Developing	Proficient	Distinguished
Administrative Tasks	0-2	3-4	5-6	7

Notes:

Completes all required administrative tasks in a timely manner (inventories, official's evaluations, online rules review, etc.)

	Emerging	Developing	Proficient	Distinguished
Team Equipment	0-2	3-4	5-6	7
Notes:				

Cares properly for all uniforms and equipment

	Emerging	Developing	Proficient	Distinguished
Tactics	0-2	3-4	5-6	7
Notes:				

Demonstrates knowledge of game preparation and contest strategy

	Emerging	Developing	Proficient	Distinguished
Program Promotion	0-2	3-4	5-6	7
Notes:				

Promotes program through media outlets and conducts end of season celebration to recognize athletes

SECOND DIMENSION

	Emerging	Developing	Proficient	Distinguished
Motivation	0-2	3-4	5-6	7
"Pursue and persist"				

Notes:

Coach uses appropriate strategies to motivate athletes both intrinsically and extrinsically

	Emerging	Developing	Proficient	Distinguished
Confidence	0-2	3-4	5-6	7 = = -
"Belief in a skillset"				

Notes:

Coach uses verbal encouragement, past successes, and peer modeling to help ALL athletes to believe in themselves inside and outside of sports

	Emerging	Developing	Proficient	Distinguished
Emotions	0-2	3-4	5-6	7
"Response to situations"				

Notes:

Coach employs strategies to successfully create a team culture of excitement and enjoyment

	Emerging	Developing	Proficient	Distinguished
Team Cohesion	0-2	3-4	5-6	7
"Creates unity"				
Notes:				

Coach creates relationships with individuals and builds unity within the team

	Emerging	Developing	Proficient	Distinguished
Goal Setting	0-2	3-4	5-6	7
"Desired Results"				

Notes:

Coach focuses on process goals to obtain the desired outcome and performance goals

THIRD DIMENSION

*The 3rd Dimension attributes are more difficult to evaluate and assign a numeric value to. The primary purpose for these sections is to inspire coaches to reflect on these issues and empower a meaningful conversation to take place between coaches and administrators in the evaluation process.



	Emerging	Developing	Proficient	Distinguished
Purpose	0-2	3-4	5-6	7
"Knows the WHY"				

Notes:

Coach can verbalize transformational purpose statement and can demonstrate how it serves him/her in decision making processes

	Emergin	ng Developing	Proficient	Distinguished	
Values	0-2	3-4	5-6	7	
"Guardrails for life"					
Notes:					

Coach can verbalize highest core values and communicate how they are represented in purpose statement

	Emerging	Developing	Proficient	Distinguished
Identity "Who you are"	0-2	3-4	5-6	7

Notes:

Coach can articulate who they are in and out of sports, in and beyond their role as a coach while helping athletes do the same

	Emerging	Developing	Proficient	Distinguished
Character	0-2	3-4	5-6	7 = .
"Good and Great"				

Notes:

Coach uses strategies to teach both moral character and performance character

	Emerging	Developing	Proficient	Distinguished
Significance	0-2	3-4	3-0	7
"Priorities"				

Notes:

Coach demonstrates understanding of when to prioritize the programs purpose over the programs performance and outcome goals

	Emerging	Developing	Proficient	Distinguished
Self-Worth	0-2	3-4	5-6	7
"Inherent"				
Notes:				

Coach creates an environment where every athlete knows their role and worth to the team's cause and relationships

DATE TO BE COMPLETED:



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