



## Coaching Session Review

Reviewing of a coaching session by yourself or your Mentor requires honesty with regards to the review and reflections of the session. To be able to correct and improve future sessions and assist in focussing on what we deliver as coaches to the players in their development.

Please fill out the following six sections.

### 1. Context of session:

<b>TECHNICAL</b>	<b>PSYCHOLOGICAL</b>
<b>PHYSICAL</b>	<b>SOCIAL</b>



**2. Session planning notes:** (E.g. size and layout of session, equipment, time, welcome, warm up, intention of session, Q&A's, feedback, warm down, etc.)

Empty box for session planning notes.



### 3. Intended outcomes:

**What?** (This is what we will learn)

**How?** (This is how we will do it)

**Why?** (This is why we do it)



#### 4. Player experience - intended & actual:

Planning and Design	Intended	Actual
Organise Positive arrival activity.		
Select appropriate shape and size of area.		
Use activities that support the principles of play.		
Use Rules and conditions appropriately.		
Devise Realistic Challenges.		
Positive Learning Environment.		
Encourage Responsibility, decision making and Problem solving amongst all the players.		
Develop opportunities for all players to experiment and practice without fear.		



Deliver Challenges that are varied, interesting and fun.		
Review Progress with the Players.		
Remain Positive throughout the session.		
Practical Delivery.		
Share learning outcomes for the work.		
Take up appropriate coaching positions.		
Effectively manage the differences within the group.		
Use appropriate work to rest ratios.		
Use an appropriate variety of coaching stiles.		



### 5. Session observations:

Planning and Design	Notes
Organise Positive arrival activities	
Select appropriate shape and size of area	
Use activities that promote / support the principles of play.	
Use rules and conditions appropriately.	
Devise realistic challenges	

Positive Learning Environment	
Encourage responsibility, decision making and problem solving amongst the players.	
Develop opportunities for all players to experiment and practice.	



Deliver challenges that are varied, interesting and fun.	
Review progress with Players	
Remain positive throughout the session.	

<b>Practical Delivery</b>	
Share the learning outcomes for the work.	
Take up appropriate coaching positions.	
Effectively manage the differences within the group.	
Use appropriate work to rest ratios.	
Use an appropriate variety of coaching styles.	



<b>Responsiveness</b>	<b>Intended</b>	<b>Actual</b>
Utilise the Action.		
Use an appropriate variety of positive interventions styles.		
Adapt the session based on player's needs.		
Manage mistakes to the player's advantage.		
Challenge and extend individual players.		

<b>Communication</b>		
Communicate positively and clearly throughout session.		
Give and receive feedback and adapt coach behaviours appropriately.		
Encourage Positive player to player feedback to support improvement.		





Encourage players to evaluate their own performance.		
Ask and answer questions and effectively using a variety of methods		

<b>Other Interactions (please specify)</b>	<b>Outcomes?</b>



**6. Session review for improvement:**

<b>WWW</b> (What Went Well)	<b>EBI</b> (Even Better If)	<b>Changes</b> (for next session)




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