



3205 Forest Glade Drive, Windsor, ON, N8R1W7  
 SPFHAhockey.com

**Sun Parlour Female Hockey Association  
 Coach Self Evaluation**

Coach \_\_\_\_\_ Team/Level \_\_\_\_\_

The purpose of this tool is to assist you in identifying the areas of coaching that you need improve upon. Give yourself an honest rating under each category. Once you have completed the evaluation, total your score and see how you measure up on the score chart below.

(1) Strongly Disagree      (2) Disagree      (3) Agree      (4) Strongly Agree

**Organizational Skills**

|   |   |   |   |   |
|---|---|---|---|---|
| I arrive on time  | 1 | 2 | 3 | 4 |
| I dress appropriately   | 1 | 2 | 3 | 4 |
| I always prepare a practice/training session plan with logical progressions | 1 | 2 | 3 | 4 |
| I challenge all athletes  | 1 | 2 | 3 | 4 |
| I show concern for the health/safety of all athletes during practice/games  | 1 | 2 | 3 | 4 |
| I set clear boundaries for athletes   | 1 | 2 | 3 | 4 |
| I exhibit reasonable conduct when handling accidents or emergencies         | 1 | 2 | 3 | 4 |

**Instructional Skills**

|  |   |   |   |   |
|--|---|---|---|---|
| I introduce skills clearly and accurately  | 1 | 2 | 3 | 4 |
| I demonstrate skills properly and uses correct techniques                              | 1 | 2 | 3 | 4 |
| I ensure that the activity is suitable for the age, experience and ability of athletes | 1 | 2 | 3 | 4 |
| I encourage questions and create a non-threatening practice environment                | 1 | 2 | 3 | 4 |
| I explain the reason for doing the activity/drill                                      | 1 | 2 | 3 | 4 |
| I assist in the development of short and long term goals for athletes and the team     | 1 | 2 | 3 | 4 |
| I can analyze player's strengths and weaknesses  | 1 | 2 | 3 | 4 |

**Communication and Interpersonal Skills**

|  |   |   |   |   |
|--|---|---|---|---|
| I am enthusiastic and positive                                   | 1 | 2 | 3 | 4 |
| I am dedicated to the sport and the team                         | 1 | 2 | 3 | 4 |
| I demonstrate a sense of fair play and promote sportsmanship     | 1 | 2 | 3 | 4 |
| I am patient and tolerant  | 1 | 2 | 3 | 4 |
| I am honest and fair   | 1 | 2 | 3 | 4 |
| I am a good role model and set a positive example at all times   | 1 | 2 | 3 | 4 |
| I have a sense of humour   | 1 | 2 | 3 | 4 |
| I treat all players equally and enforce team rules consistently  | 1 | 2 | 3 | 4 |
| I use appropriate verbal and non-verbal communication            | 1 | 2 | 3 | 4 |
| I find a way to make all the athletes feel good about themselves | 1 | 2 | 3 | 4 |
| I know when to use discipline and when not to                    | 1 | 2 | 3 | 4 |

Total \_\_\_\_\_

- 75 – 100      Excellent, you are a well-organized coach and have great communication skills. Keep up the good work and continue your coaching development through further training, education and certification.
  
- 50 – 75      Good, you have mastered some of the necessary skills but need to improve certain areas of your coaching expertise. Contact SPFHA to find some resources available for your specific needs.
  
- 25 – 50      Needs Improvement, you could use some help in some areas of your coaching and would benefit from more interaction with other coaches in your sport and from exploring and accessing the resources through SPFHA.
  
- 1 – 25      Please contact SPFHA about taking NCCP coaching program courses to develop your coaching skills and to make you more comfortable and effective in fulfilling your coaching responsibilities.

Notes and plan for areas that need improvement \_\_\_\_\_

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