



# COACH SELF-REFLECTION CHECKLIST

## Immediately after practice, reflect on the practice

The following checklists help identify what went well and should be repeated, as well as what can be added or improved in the next practice. Note the results of these reflections in your practice plan for future reference.

### Self-reflection checklist on meeting your practice goals (use the SMART goal checklist)

- Specific — Did I clearly indicate what I wanted to accomplish?
- Measurable — Did I achieve what I hoped for?
- Achievable — Were the players skilled enough to achieve the goal?
- Realistic — Was the goal consistent with the team's playing environment?
- Timely — Was there enough time in the practice to achieve the goal?

### Self-reflection checklist on giving feedback

Was my feedback...

- Encouraging?
- Specific?
- Positive and constructive?
- Focused on WHAT to improve?
- Balanced?
- Short and simple?

### Checklist for helping to build children's confidence and self-esteem

At practice today,...

- Was I warm and welcoming?
- Did I encourage fair play?
- Did I allow everyone to participate?
- Did I prevent behaviour that made others feel bad?
- Did I acknowledge and encourage effort?
- Did I provide frequent and sincere praise?
- Was I happy to be there?