



# OMHA COACH MENTORSHIP PROGRAM

## Practice Observation and Feedback

Coach Self-Assessment       Coach Observation - Observer: \_\_\_\_\_

COACH: \_\_\_\_\_ DATE: \_\_\_\_\_

LOCATION: \_\_\_\_\_ TEAM: \_\_\_\_\_

**RATING SCALE: 3 - Above Expectations    2 - Meets Expectations    1 - Needs Work    N/A - Not Applicable**

### PRE-PRACTICE PREPARATION

	3	2	1	N/A
<b>Objectives:</b> - Have identified specific technical and tactical objectives	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Organization:</b> - Pre-ice presentation, preparation of assistant(s) - Equipment required	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Practice Outline:</b> - Clear, organized, diagrams, includes warm-up and cool-down, related to stated objectives	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Components of Yearly Plan:</b> - Practice plans fit into yearly plan - Objectives and drill progressions relate to previous practice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### PRACTICE

<b>Use of Drills:</b> - Fill participation - Teach skills/tactics effectively - Use drill progressions from simple to complex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Teaching Techniques:</b> - Allowed time for teaching and demo - Demonstrations are effective - Effective use of voice and body language	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Error Correction:</b> - Immediate and appropriate feedback to players - Repetition of drills where necessary	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Rapport with Players:</b> - Positive Communicator - Non-threatening, relaxed atmosphere - Evidence of player enjoyment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Organization:</b> - Use full ice surface when necessary & appropriate - Attention to risk management - Follow practice outline - Use of on-ice assistant(s) - support personnel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### REFLECTION

<b>3 THINGS THAT WENT WELL:</b>	<b>3 THINGS TO IMPROVE ON:</b>
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____

### NOTES