



## Forms for Parents/Players to fill out

### Coaching Evaluation Form

The purpose of this form is to assist the coach in developing themselves and the program for next season. Please be frank and honest in your responses to the following questions. Your input is essential to improving the quality of the coaching next year.

**To be completed by the player:**

- |  |              |
|--|--------------|
|  | no! <-> yes! |
| 1. Did you enjoy being on the hockey team?                                   | 1 2 3 4 5    |
| 2. Did you learn more about hockey?  | 1 2 3 4 5    |
| 3. Did your hockey skills improve?   | 1 2 3 4 5    |
| 4. Are you planning to tryout for a hockey team next year?                   | no - yes     |
| 5. What was your favorite activity in practices? <i>(back of form)</i>       |              |
| 6. What was your least favorite activity in practices? <i>(back of form)</i> |              |
| 7. Did you think playing time was fair? How could it have been better?       |              |
| 8. Did you think you had enough opportunity to ask questions?                |              |
| 9. What would you change to help next year's team?                           |              |

**To be completed by the parent**

- |   |           |
|---|-----------|
|   | no - yes  |
| 1. Did your child enjoy the hockey experience?  | 1 2 3 4 5 |
| 2. Do you feel your child became a better hockey player?  | 1 2 3 4 5 |
| 3. Did your child gain a better perspective of teamwork?  | 1 2 3 4 5 |
| 4. Did the hockey experience help your child mature?  | 1 2 3 4 5 |
| 5. Did hockey help your child's self-confidence?  | 1 2 3 4 5 |
| 6. In your opinion, was playing administered appropriately?   | 1 2 3 4 5 |
| 7. Was the coach's public conduct at games acceptable?  | 1 2 3 4 5 |
| 8. Do you feel your child was treated with respect?   | 1 2 3 4 5 |
| 9. How would you rate the coach's organization skills?  | 1 2 3 4 5 |
| 10. How would you rate the coach's communication with parents?                                      | 1 2 3 4 5 |
| 11. Please suggest changes that you think would improve the program. <i>(reply on back of form)</i> | 1 2 3 4 5 |
| 12. Please list other questions that should be on this evaluation. <i>(reply on back of form)</i>   |           |



## Self Assessment – How am I Doing?



A self-evaluation is a useful tool for personal development. At a minimum, it creates an introspective look into an individual's personal coaching style and motivations. It can target strengths and weaknesses, and may lead to realizations about barriers to effective coaching style.

The following sets of questions can help you articulate your philosophy of coaching as well as the atmosphere of your team and practices.

- ◆ How do I want players to interact on the ice?
- ◆ What resources should be available to my players?
- ◆ What was the most important thing I tried to teach the players this week, month?
- ◆ What is the most important thing my players will learn from me this season?
- ◆ What did I learn from my players this week?

1. Using the following chart, assess how well you carry out your roles as a leader, teacher, and organizer. For each statement, select the word that best describes you. This chart can be used to assess yourself throughout the season.

	Excellent	Good	Needs Improvement
<b>As a leader I:</b>			
1. Establish Goals			
2. Use a democratic coaching style			
3. Am a good role model			
4. Develop leadership skills in my athletes			
5. Have a positive relationship with referees			
6. Interact effectively with parents			
7. Help athletes maximize their potential			
<b>As a Teacher I:</b>			
1. Teach the necessary hockey			
2. Teach the skills using the proper sequence and progressions			
3. Teach skills using understandable language			
4. Realize athletes differ in their readiness to learn a skill			
5. Realize athletes learn skills at different rates			
6. Teach more than just hockey skills			
<b>As an Organizer I:</b>			
1. Plan effective practices			
2. Select very good assistant coaches			
3. Have parents assist in the program			
4. Attend to details			
5. Communicate effectively			



## MODULE: *Minor Hockey Association Coach Development*

2. Every coach should ask themselves the following questions each season.

- How can I improve my teaching and coaching techniques this year?
- How can I increase my communication skills with my players, their parents and the association?
- How can I improve my lifestyle, personal fitness and diet this year?
- Do I give quality time to my family and my self?
- Do I have any habits or characteristics that need improvement/correcting this year?
- Have I set my goals and objectives for the upcoming season?

3. Complete the following checklist at regular intervals throughout the season.

Yes	Sometimes	Not Yet	
			I make the athletes feel at ease in conversations with me.
			I involve the athletes in making decisions when it is appropriate
			I actively help athletes who are having difficulty
			I am well prepared for each practice and each game
			I plan my practices so that progressions take place for one practice to the next.
			I include a warm-up and cool down in each session.
			I do a safety check of the facility before each practice and game
			I develop a sense of mutual respect among athletes
			I promote respect for officials and the rules of the game
			I have a zest and enthusiasm for coaching



## MODULE: *Minor Hockey Association Coach Development*

4. Helping Athletes become Better People. Which of the following are parts of your coaching strategies?

Yes	No	
		I discuss my plans for the number and duration of practices with my athletes or their parents. I am reasonable in my demands on their time.
		I teach my athletes to obey the rules of the game.
		I ask my athletes what they want from the sport experience. Studies have shown that most children play for fun and would rather play for a losing team than sit on the bench of a winning one.
		I teach my athletes to treat the officials and other participants with respect.
		I never criticize or ridicule my athletes. I offer constructive feedback and present any perceived problems as positive challenges.
		I have guidelines for behaviour in place and discuss these with my athletes.
		I make an effort to learn new skills and improve myself as a coach.
		I recognize and reward achievements other than the scoring of points. Fair play, teamwork and improved performance are also vital and deserve recognition.
		I allow all participants equal playing and practice time.
		I am a positive role model for the athletes I coach. Setting a positive example is the best way to encourage positive behaviour in others.