



Holliston Youth Soccer Association

Coaches Self Checklist

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BEFORE THE SESSION

1. Produced a detailed lesson plan?
2. Look the part?
3. Players and equipment organized?
4. Well formulated goals and objectives?

DURING THE SESSION

Manner

1. Were you confident and enthusiastic?
2. Did you build a positive rapport with the players; greet them all by name?
3. Did you create a positive playing environment?
4. Did you build and maintain control of the session?

Organization

1. Were the players structured correctly (In appropriate positions, correct balance between attacking and defending players to achieve success)?
2. Were the players active or static?
3. Were the exercises effectively & realistically organized? (Counter attack goals, restart position)

Observation

1. Did you stop the session appropriately & at the correct teachable moment?
2. Did you diagnose key faults; (freeze play, correct mistake, rehearse, restart)?
3. Did you recreate situations accurately?
4. Did you re-start exercises effectively (second touch is live)?
5. Did you understand how and when to progress to the next stage and add players; added pressure?
6. Did the activities you choose build upon each other; from fundamental to game related then to the game itself?

Communication

1. Did you show technically sound knowledge & understanding of topic?
2. Did you provide clear & accurate demonstrations?
3. Did you provide clear & accurate explanations?
4. Did you summarize the session for the players?
5. Did you inspire players to improve?
6. Are the players better prepared for the next match?
7. Did you achieve the goals you set forth in your practice plan?

DID THE PLAYERS (AND YOU) HAVE FUN AND ARE HUNGRY FOR MORE!