

DEVELOPMENT COACH ACCREDITATION PRACTICAL SELF ASSESSMENT FORM

NETBALL AUSTRALIA

The following competencies can be shown through a combination of practical demonstration and theory learnings as part of the online activities throughout the course. A practical demonstration of coaching skills is required, by teaching KNEE Program exercises and a skill to a group of players. The coaching task will consist of coaching activities over a 2-hour on court session in small coaching groups. Players aged 14 years and over must be utilised and course participants should preferably not be used as the athletes.

Name:	Skill presented:
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Performance Criteria	Competent		Comments
	YES	NO	
GROUP MANAGEMENT			
Implement good practices to reduce risk and provide a safe coaching environment			
Ensure group organisation maximises player participation and enjoyment			
TEACHING			
Identify the most salient coaching points appropriate to the skill presented			
Provide a demonstration to highlight the main coaching points of the skill			
Provide adequate time for practice, and observe athletes' performance			
Apply the coaching points identified to improve player's skill performance			

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Performance Criteria	Competent YES NO	Comments
Progressively add challenges in a sequential 1-5 manner or alternately remove challenges to adapt the activity to cater for individual abilities		
COMMUNICATION		
Check the players' understanding of the instructions and give them the opportunity to ask questions		
Apply the coaching points identified to provide positive and/or corrective feedback		
Be able to engage the player using verbal and non-verbal techniques (for example; use of voice and expression, eye contact, active listening techniques)		
GAME DAY COACHING		
Creates and evaluates simple Game Day team goals and strategies		
Recognises the techniques of basic netball skills in relevant court situations		
REVIEW		
<p>Seek feedback from players and others and use self-reflection techniques to evaluate: Your strengths in two areas of coaching competence at present:</p> <p>1.</p> <p>2.</p> <p>Your areas of improvement in two areas of coaching competence at present:</p> <p>1.</p> <p>2.</p>		

Name a possible mentor who could assist you:

Training or Game Day coaching video for self-evaluation: Date commitment:

Coach developer:	Date:
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