INTERMEDIATE COACH ACCREDITATION PRACTICAL SELF ASSESSMENT FORM

NETBALL AUSTRALIA

The following competencies can be shown through a combination of practical demonstration and theory / worksheet as part of the theory activities throughout the course. A practical demonstration of coaching skills is required, by teaching a skill to a group of athletes. The coaching task should be of least 30-40 minutes duration. Any level of athlete may be involved, and course participants should not be used as the athletes.

Name:	Skill presented:

Performance Criteria	Competent YES NO	Comments
Demonstrate awareness of safety in terms of equipment, use of space and player movement.		
Maximise the use of players and equipment.		
COACHING BEHAVIOURS		
Purpose of the activity is stated and put into the context of the game.		
Question the players/group to elicit their understanding of the required task.		
Use cue words.		
Demonstrations are technically correct and can be seen clearly by all players.		
Position to enable interaction with individuals and small groups.		

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Performance Criteria	Competent YES NO	Comments
SKILL PROGRESSION AND FAULT DETECTION AND CORRECTION		
Progressively add challenges in a sequential 1-7 manner or alternately remove challenges to adapt the activity to cater for individual abilities.		
Detect and correct errors in individual technique and group drills and skills.		
Provide a variety of feedback styles: using visual, tactile and verbal feedback.		
Feedback is correct and specific to players' performance (positive and corrective).		
Recognise the 'coachable moment' and use it appropriately when the skill is correctly or incorrectly performed.		
REVIEW		
Seek feedback from players and others and use self-reflection techniques to evaluate the practical coaching session.		

Assessment Decision: **Competent**   **Requires continued development**

Assesor Comments:

Assessor:	Date: