



**BVHS Coach Mentorship Program  
Practice Observation & Feedback**



Coach Self Assessment       Coach Observation – Observers Name: \_\_\_\_\_

Team: \_\_\_\_\_ Coaches Name: \_\_\_\_\_

Date: \_\_\_\_\_ Full Ice/Half Ice: \_\_\_\_\_

**Ranking:    3- Above Expectations    2- Meets Expectations    1- Needs Work    NA- Not Applicable**

<b>Pre Practice Preparation</b>				
<b>Objectives:</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>N/A</b>
Have identified specific technical and tactical objectives	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coach got input from assistant coaches prior to creating practice plan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<b>Organization:</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>N/A</b>
Pre-ice presentation, preparation of assistant(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice is prepared prior to ice time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice plan was emailed to coaches prior to practice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Equipment required is ready and available for ice time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<b>Practice Outline:</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>N/A</b>
Clear & organized plan, including diagrams (where necessary)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice includes minimum of 10 minutes of power skating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice includes a small area game to keep it fun	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<b>Components of Yearly Plan:</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>N/A</b>
Practice plan fits into seasonal plan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Objectives and drill progressions relate to previous practice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Components of practice relate to past games areas where improvement is needed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<b>Practice</b>				
<b>Use of Drills:</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>N/A</b>
Full/maximum participation of players	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drills aid in teaching skills & tactics effectively	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drill progressions from simple to complex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work to rest ratio of 1:4 is met	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Players are always moving and engaged	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice consists of at least one station or drill where players struggle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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<b>Teaching Techniques:</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>N/A</b>
Allowed time for teaching and demonstrations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Demonstrations are effective & appropriate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Effective use of voice and body language	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Players can hear coaches instructions during demos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<b>Error Correction:</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>N/A</b>
Immediate and appropriate feedback	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Repetition of drills where necessary	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<b>Rapport with Players:</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>N/A</b>
Positive Communicator	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Non-threatening, relaxed atmosphere	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Evidence of player enjoyment (players had fun)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<b>Organization:</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>N/A</b>
Use full ice surface when necessary & appropriate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Position specific drills / stations were used	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stations were used for practice (Timbits-Atom)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attention to risk management	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Followed practice outline and stayed on time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use of on-ice assistant(s) - support personnel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coach allotted players time for water breaks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<b>Overall Ranking</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>N/A</b>
Overall Ranking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Strengths:**

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**Areas of Improvement:**

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**Overall Comments:**

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