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## Pursuing Coaching Excellence

### The Art and Science of Coaching – Qualities of an Outstanding Coach

As a career instructor, I can identify four key areas where a coach must excel. These are ability to lead, ability to teach, ability to organize and ability to be innovative. I have broken these down into a 33 point worksheet for you to use to evaluate your coach, or to use in self-evaluation. Coaching is an art that is constantly evolving as we continue on the road to self-improvement. By an ongoing process of honestly taking stock of our abilities we can identify positive opportunities for growth and development.

#### Rating Scale

- 10 Excellent
- 9-8 Very Good
- 7-5 Good
- 5 Average
- 4-3 Fair
- 2-1 Poor

#### Key Areas: Leader (L), Teacher (T), Organizer (O), Innovator (I)

- |                                                                                                                |                                                                                  |                                                                                                            |
|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| 1. Knowledge of the Sport (technical, individual & team tactics, team systems) _____ (T)                       | 11. Evaluation of Athletes Abilities / Their Roles on Team _____ (O)             | 23. Sense of Humour (Keeping fun in the game) _____ (I)                                                    |
| 2. Effectively Run Practices (purpose, challenging, enjoyable) _____ (O)                                       | 12. Sets High Standards (demanding but fair) _____ (T)                           | 24. Effectively Scouts Opposition _____ (O)                                                                |
| 3. Organizing, Planning and Goal Setting Skills _____ (O)                                                      | 13. Ability to Recruit and Build a Program _____ (O)                             | 25. Ability to Work the Player Bench _____ (I)                                                             |
| 4. Effective Use of Personnel (players and support staff) _____ (O)                                            | 14. Effective Use of Team / Player Statistics _____ (O)                          | 26. Ability to Make Adjustments in a Game _____ (I)                                                        |
| 5. Good Communicator / Leadership Skills (individual and group) _____ (L)                                      | 15. Good Discipline _____ (T)                                                    | 27. Dealing with Adversity (Injuries, losing streaks) _____ (L)                                            |
| 6. Strong Motivator (individual and team) _____ (L)                                                            | 16. Ability to Relate, Understand & Handle the Athletes _____ (T)                | 28. Respect for Officials and Opposition _____ (L)                                                         |
| 7. Team Building / Chemistry Skills _____ (L)                                                                  | 17. Demonstrates a Sincere Interest to Help Maximize Players Potential _____ (T) | 29. Good Media / Public Relations Skills _____ (L)                                                         |
| 8. Personal Traits (dedication, preparation and enthusiasm) _____ (L)                                          | 18. Knowledge of the Rules _____ (T)                                             | 30. Effective Use of Role & Affiliate Players _____ (O)                                                    |
| 9. Ability to Teach Hockey & Life Skills _____ (T)                                                             | 19. Knowledge of How the Body Works _____ (T)                                    | 31. Pre Game Strategies / Game Plan _____ (L)                                                              |
| 10. Knowledge of Physical Conditioning, Conditioning, Mental Training, & Sport Psychology Techniques _____ (T) | 20. Good Role Model for the Players _____ (L)                                    | 32. Actively Monitors Team Performance Throughout the Season (e.g. 4 game segment analysis) _____ (O)      |
|                                                                                                                | 21. Knowledge of Diet / Nutrition _____ (T)                                      | 33. Always Attempting to Improve as a Coach (i.e. NCCP, seminars, observing other coaches, etc.) _____ (I) |
|                                                                                                                | 22. Knowledge of Athlete's Growth & Development Principles _____ (T)             |                                                                                                            |

*Coach Rex Says "A Good Coach always looks for ways to improve their skills!"*

**How did you measure up?** Add up your answers from each section and see!

**Leader** \_\_\_\_\_ / 90  
(Questions 5, 6, 7, 8, 20, 27, 28, 29, 31)

**Teacher** \_\_\_\_\_ / 110  
(Questions 1, 9, 10, 12, 15, 16, 17, 18, 19, 21, 22)

**Organizer** \_\_\_\_\_ / 90  
(Questions 2, 3, 4, 11, 13, 14, 24, 30, 32)

**Innovator** \_\_\_\_\_ / 40  
(Questions 23, 25, 26, 33)