

Considerations while observing a session

The Coach

What do you notice about the coach's positioning?
What do you notice about the coach's behavior and language?
What do you notice about the coach's demeanor and presence?

Coaching

How frequently does the coach make a comment/point?
Does the coach use questions and/or commands? When? How? Why?
How does the coach know if the players understand information?
At what moments does the coach intervene? Why?
When/why does coach freeze vs. coach in the flow vs. coach an individual?
Does the coach paint a clear picture of instruction and points? How?
How much information does the coach provide at one time? Is it effective?
How long does the coach take to make a coaching point? Is it effective?
How often did coach make positive comments/point out positive moments?
Did the coach change his/her voice at times? Why? Was it effective?

Content

Does there seem to be a clear objective/goal?
Do the activities help make the objective/goal clear? Why (not)?
Do the activities help players improve toward the objective goal? Why (not)?
What might be the context behind why one would coach this session?
When might these activities be most appropriate?
What are the technical, tactical, physical, and psycho-social implications and demands in each activity? Which seem most emphasized?

Management

How does the coach manage the attention of players?
Does the coach hold players accountable? How? Is it effective?
How are the equipment/activities set up (in advance)?
Did coach need to make unplanned adjustments? Why? Were they effective?

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