



# Practice Observation Form

Coach being Observed: \_\_\_\_\_ Date: \_\_\_\_\_

Mentor Coach: \_\_\_\_\_ Sport: \_\_\_\_\_

# of Assistants Present: \_\_\_\_\_ # of Athletes: \_\_\_\_\_ Age Group: \_\_\_\_\_

List three specific things you and the coach have agreed upon for you to observe.

1. \_\_\_\_\_

Observations: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

Observations: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

Observations: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Summary of agreed upon areas of observation:

Strengths: \_\_\_\_\_

\_\_\_\_\_

Opportunities for Growth: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Practice Observation Form *continued*



### FOUNDATIONS OF A GOOD PRACTICE

Additionally, capture any positive feedback you observe on the following foundational elements of coaching:

**1. WRITTEN PRACTICE PLAN**

Was there a written plan for the practice and was it followed?

**2. INVOLVEMENT**

Were all of the athletes active throughout the practice?

**3. FUN**

Did the athletes have fun? Did the coach have fun?

**4. CLARITY OF INSTRUCTION**

Was the coach able to give instruction/directions without stopping practice?

**5. MAGIC RATIO**

Did the coach have tools in place to reach the 5:1 positive to negative feedback ratio?