

Coach: _____

Sport: _____

Level: _____

Date: _____

Observer: _____

Observation: (circle one) – Competition/Game Practice/Training Activity/Meeting Other _____

Location: _____

Observation Details: _____

OBSERVATION KEY: Observable: Y / N (Y-Yes, N-No) Ratings: 1-5 (1-Minimal, 2-Emerging, 3-Developing, 4-Proficient, 5-Exemplary)

Module 1: Building Skills through Sport	Observable (Y/N)	Rating (1-5)	Quick Notes (Examples/Details)
1.1 - Uses language or examples to connect sport to activities or life skills outside of sports			
1.2 - Coach supports athletes' *holistic needs in public ways			
<i>*Examples of athlete's holistic needs include rest, recovery, nutrition, physical health, mental wellness, social and/or emotional wellbeing</i>			
Module 2: Fostering Physical and Emotional Safety	Observable (Y/N)	Rating (1-5)	Quick Notes (Examples/Details)
2.1 - Appropriately utilizes facilities and equipment to ensure physical safety			
2.2 - Gives instructional feedback emphasizing fundamental technique and mechanics for safety			
2.3 - Uses inclusive and respectful language with athletes			
2.4 - Communicates in ways facilitative of relationship-building with athletes and between athletes			
2.5 - Utilizes routines and organizes activities to promote safety and learning			
Module 3: Creating an Environment for Learning	Observable (Y/N)	Rating (1-5)	Quick Notes (Examples/Details)
3.1 - Demonstrates moments of levity and use of appropriate humor			
3.2 - Balances silence and observation with verbal engagement			
3.3 - Offers constructive feedback that is specific and targeted to promote learning			
3.4 - Uses verbal and non-verbal cues to demonstrate enthusiasm and excitement			
3.5 - Responds to mistakes in a growth-oriented manner (verbally & non-verbally)			
3.6 – Encourages and facilitates athlete reflection and self-assessment			
Module 4: Modeling Positive Behavior	Observable (Y/N)	Rating (1-5)	Quick Notes (Examples/Details)
4.1 - Demonstrates ability to regulate emotions and displays self-control			
4.2 - Interactions* are conducted in a regulated tone and manner			
4.3 - Is prepared, on time, present and engaged ; effectively runs practice within allotted space/time			
4.4 - Provides opportunities for athlete leadership and shared decision-making			
<i>*Interactions may include those with officials, opponents, parents, staff, players, administrators, spectators, and community members</i>			