



## Coach Mentorship Program Practice Observation & Feedback - Part I

COACH: \_\_\_\_\_

TIME: \_\_\_\_\_

TEAM / LEVEL: \_\_\_\_\_

DATE: \_\_\_\_\_

OBSERVER: \_\_\_\_\_

### PRE-PRACTICE PREPARATION

- |   | YES                   | NO                    | N/A                   |
|---|-----------------------|-----------------------|-----------------------|
| 1. Was a Practice Plan available?                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. Did the Practice Plan relate to the Seasonal Plan? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. Did the team warm-up off-ice?                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

COMMENTS:

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### PRACTICE SESSION

- |  | YES                   | NO                    | N/A                   |
|--|-----------------------|-----------------------|-----------------------|
| 1. Was this a High Flow/High Tempo practice?                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. Did the Coach incorporate 'lapping' skates into practice?     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. Was the desired Work:Rest ratio attained?                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. Did the Coach demonstrate evidence of teaching?               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. Did the Coach interact positively with each player?           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. Were the Assistant Coaches utilized effectively?              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. Were the players receptive to the instructions they received? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8. Did the coach treat the players with respect?                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9. Did the players enjoy the practice?                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

COMMENTS:

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### PRACTICE SESSION

**OVERALL RATING**

- |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|
| Excellent             | Very Good             | Satisfactory          | Needs Improvement     |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**STRENGTHS**

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**NEEDS:**

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