**Coach profile**

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| Name |  | Date |  | Club |  |

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| This is the area I’m going to focus on and improve... | This is the impact it will have on performance | This is the plan of what I will actually do | This is how I will measure if I’m improving… | Reflection – I will keep asking myself… |
| 1  2  3 |  |  |  | Am I working hard enough on this challenge?  If things don’t work as well as I want, what did I do to try and fix it?  Am I getting enough feedback and am I using it to help me?  What more can I do to make this work? |