Session Evaluation

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| Session Number and Date:  |  |
| Explain how the activities were effective in meeting the activities aims & objectives? |  |
| How was the content of the activity appropriate to the players needs? |  |
| Were the arrangements & organisation adequate & appropriate? *E.g.* (Equipment, timing, all Players actively involved?) |  |
| Were any changes made to what was planned, prior to or during the activities? |  |
| What coaching styles did you use? Were they appropriate? Why? |  |
| Did the player’s performance improve as expected? |  |
| Were the players given feedback at appropriate times during the activity and was the feedback clear and encouraging? |  |
| Were the warm ups and cool down appropriate? |  |
| Were there any health & safety issues to consider at future sessions/report to others? |  |
| If you were to coach this session again, what might you change? |  |
| Future plans: Points to be addressed at the next and future activities (for self and players | Self: | Players: |
| Was the equipment stored correctly and the coaching environment suitable for future use after the activities finished? (If not, outline issues, action taken) |  |