

**BRIGHAM YOUNG UNIVERSITY
COACHING INTERNSHIP
STUDENT SELF-EVALUATION**

Name	Date
Coaching Assignment (Sport)	Head Coach
Experience Provider / School	

Reflect on the skills and aptitudes you demonstrated while coaching in this internship experience. Write comments which reflect progress you made in the improvement of your coaching skills. Describe the events which illustrate your actions and behavior for each following question. Under Improvement Strategies indicate how you could improve on your performance.

1. Were your actions and behavior (in practices and in contests) consistent with your philosophy?

Improvement Strategies:

2. Were you able to communicate effectively with the athletes, other coaches, parents, officials, and administrators?

Improvement Strategies:

3. How effective were you in teaching sport skills? Were you able to explain and demonstrate skills to the athletes? Were you able to correct errors in the players' skill performance?

Improvement Strategies:

4. Were you able to analyze the game strategies and make adjustments to correct weaknesses? (For individual sport events answer this question in relation to adjusting the strategy of the individual performer.)

Improvement Strategies:

5. Did you systematically plan the season and daily workout and practice sessions? Did you make effective use of practice time? If you were not involved in planning practice sessions, comment on the effectiveness of the workout and make suggestions on how you would do things differently.

Improvement Strategies:

6. To what extent did you manage the equipment and facilities effectively? Did you inspect the equipment and facilities regularly to provide for a safe environment? Were maintenance records kept and filed? If you were not given these responsibilities, comment on how you would handle equipment and facilities.

Improvement Strategies:

