



Boccia Coaching Self-Reflection Sheet

Date: _____

1. What worked well in this session?

2. What didn't work well in this session?

3. What would you like to improve on for next session?



Boccia Coaching Self-Evaluation Sheet

Date: _____

Strategy

1 (never) – 5 (all the time)

I listened to my players	1	2	3	4	5
I planned and prepared for the session	1	2	3	4	5
I gave positive and constructive feedback	1	2	3	4	5
I was enthusiastic	1	2	3	4	5
I provided quality learning opportunities	1	2	3	4	5
I varied the tone of my voice	1	2	3	4	5
My demonstrations were understood	1	2	3	4	5
My explanations were clear and concise	1	2	3	4	5
I allowed some player decision making	1	2	3	4	5
The training session was well organised	1	2	3	4	5
Equipment matched the players' needs	1	2	3	4	5
The learning environment was safe	1	2	3	4	5
I found the session enjoyable	1	2	3	4	5
We achieved the sessions' learning focus	1	2	3	4	5
I provided a variety of activities	1	2	3	4	5
I asked open questions	1	2	3	4	5

TOTAL =