

# Assessment of Practical Coaching Skills

## Coaching an Individual Lesson Plan – Any Discipline

<b>CANDIDATE COACH NAME:</b>		<b>VENUE:</b>		
<b>COACH EDUCATORS NAME:</b>		<b>DATE:</b>		
<b>Overall Result:</b> Competent / Not Yet Competent				
Overview	Name of Skill	X / ✓	C/NYC	COMMENTS & WHY
<b>SECTION 1) SAFETY</b>	<ul style="list-style-type: none"> <li>- Gear check</li> <li>- Identification of special needs</li> <li>- Emergency Stop procedure established</li> <li>- Safe equipment and environment</li> </ul>			
<b>SECTION 2) INTRODUCTION, DEMONSTRATION &amp; WARM-UP</b>  <small>* Demonstration and Warm-Up can be done in any order</small>	<b>Introduction:</b> <ul style="list-style-type: none"> <li>- Clear and concise</li> <li>- Purpose of the lesson established</li> </ul>			
	<b>Demonstration*:</b> <ul style="list-style-type: none"> <li>- Accurate</li> <li>- Suitable</li> </ul>			
	<b>Warm-Up (&amp; initial assessment):</b> <ul style="list-style-type: none"> <li>- Suitable</li> <li>- Rider/Horse assessment</li> <li>- Relevance to lesson</li> <li>- Clear &amp; concise explanation about how to use the relevant aids</li> </ul>			
<b>SECTION 3) LESSON CONTENT &amp; GENERAL COACHING SKILLS</b>	<ul style="list-style-type: none"> <li>- Perceptive and attentive to the needs of the individual</li> <li>- Use a variety of techniques (strategies) to teach skills</li> <li>- Ensure all riders are recognised in a training session</li> <li>- Communicate instructions clearly and accurately</li> </ul>			
	<b>Lesson Structure</b> (Did the coach?) <ul style="list-style-type: none"> <li>- Outline the Lesson plan for the riders</li> <li>- Was the lesson plan suitable for the riders ability</li> <li>- Did the coach adjust the lesson plan according to the riders ability</li> <li>- Maintain rider focus throughout lesson</li> <li>- Observe, notes and corrects errors in individual(s) technique and skills</li> <li>- Shows sequential progression of lessons skills and demonstrates an ability to break skills down to enhance the understanding of riders</li> <li>- Safe dismissal</li> </ul>			
	<b>Time Management</b> <ul style="list-style-type: none"> <li>- Demonstrate effective time management to ensure completion of training session</li> </ul>			

<b>SECTION 4)</b> <b>FEEDBACK SKILLS</b>	<ul style="list-style-type: none"> <li>- Feedback contains information about the performance that is easy to understand</li> <li>- Feedback contains keys words and phrases to promote change in performance/learning</li> <li>- Feedback given to both individuals and the entire group</li> <li>- <i>Feedback is conveyed in a positive manner to encourage change and/or reward performance</i></li> <li>- Feedback is correct and given as soon as possible after task completion</li> <li>- Provide a variety of feedback styles: visual, verbal, tactile, questioning, discussion</li> </ul>			
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**Coach Educator Feedback:**

What were the positive aspects/strengths of the lesson?

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What aspect/s does the candidate need to continue working on to improve/demonstrate in future (please complete this section regardless of whether the candidate was found C / NYC)

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**Candidate's Self- Evaluation:**

Where do you believe you went well? What could you improve? How will you do this?

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<b>Not Yet Competent</b>	<b>Date:</b>  <b>CE:</b>	<b>Date:</b>  <b>CE:</b>	<b>Date:</b>  <b>CE:</b>
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**Coach Educator (CE) Declaration**

**L1G– Assessment Slip 6**

***Candidate Name:***

**Coach Educator**

I am satisfied that the candidate has demonstrated competence in teaching groups in a safe and well-sequenced manner. I am a currently registered EA Coach Educator.

**Name:**

**NCAS Level:**

**E-mail address:**

**Phone Number:**

**Assessment Location:**

**Signature:**

**Date:**

**CE's please also sign the Course Checklist on Page 5 if candidate is competent**