Assessment of Practical Coaching Skills – Coaching a Group Lesson

<table>
<thead>
<tr>
<th>CANDIDATE COACH NAME:</th>
<th>VENUE:</th>
</tr>
</thead>
<tbody>
<tr>
<td>COACH EDUCATORS NAME:</td>
<td>DATE:</td>
</tr>
</tbody>
</table>

Overall Result:  Competent / Not Yet Competent

<table>
<thead>
<tr>
<th>Overview</th>
<th>Name of Skill</th>
<th>X / ✓</th>
<th>C/NYC</th>
<th>COMMENTS &amp; WHY</th>
</tr>
</thead>
</table>

**SECTION 1) SAFETY**
- Gear check
- Identification of special needs
- Emergency Stop procedure established
- Safe equipment and environment

**SECTION 2) INTRODUCTION, DEMONSTRATION & WARM-UP**
* Demonstration and Warm-Up can be done in any order

**Introduction:**
- Clear and concise
- Purpose of the lesson established

**Demonstration***:
- Accurate
- Suitable

**Warm-Up** (initial assessment):
- Suitable
- Rider/Horse assessment
- Relevance to lesson
- Clear & concise explanation about how to use the relevant aids

**SECTION 3) LESSON CONTENT & GENERAL COACHING SKILLS**

**Lesson Structure** (Did the coach?)
- Outline the Lesson plan for the riders
- Was the lesson plan suitable for the riders ability
- Did the coach adjust the lesson plan according to the riders ability
- Maintain rider focus throughout lesson
- Observe, notes and corrects errors in individual(s) technique and skills
- Shows sequential progression of lessons skills and demonstrates an ability to break skills down to enhance the understanding of riders
- Safe dismissal

**Time Management**
- Demonstrate effective time management to ensure completion of training session
**SECTION 4) FEEDBACK SKILLS**

- Feedback contains information about the performance that is easy to understand
- Feedback contains keys words and phrases to promote change in performance/learning
- Feedback given to both individuals and the entire group

- **Feedback is conveyed in a positive manner to encourage change and/or reward performance**
- Feedback is correct and given as soon as possible after task completion
- Provide a variety of feedback styles: visual, verbal, tactile, questioning, discussion

---

**Coach Educator Feedback:**
What were the positive aspects/strengths of the lesson?

---

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)

---

**Candidate’s Self- Evaluation:**
Where do you believe you went well? What could you improve? How will you do this?

---

<table>
<thead>
<tr>
<th>Not Yet Competent</th>
<th>Date: CE:</th>
<th>Date: CE:</th>
<th>Date: CE:</th>
</tr>
</thead>
</table>

**Coach Educator (CE) Declaration**
IC– Assessment Slip 5.1

**Candidate Name:**
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.

**E-mail address:**
**Phone Number:**

**Assessment Location:**

**Signature:**
**Date:**