



Name:		Date:	Venue:
Competence/criteria		Pass	Observations
Section 1 – Session Plan			
Clear session / outcome goals for both athletes and coach?			
Outcome was appropriate for athletes at the stage of development stated?			
Section 2 – Health & Safety			
Coach checked and set up the environment and equipment so as to prevent injury to all parties			
Coach checked athletes attire and checked for injury, illness and medical conditions.			
Coach rechecked H&S throughout the session			
Coach modified session based on changing environmental needs			
Section 3 – Session Delivery			
Was the aim of the session shared with the athletes?			
Warm up – did it apply principles of RAMP and was it appropriate to both the stage of development of the athletes and the session that followed?			
Instruction/Explanation and Demonstration – were these clear and accurate?			
Was involvement of the athletes maximised?			
Were the observations and analyses linked to the technical model and accurate?			
Feedback – was it interactive, simple and positive?			
Developing skill – was it progressive, technically correct and evolved so that the activity provided variety and challenge?			
Did the coach show equity and cater for all abilities?			
Section 4 – Session Conclusion			
Cool down – gradually reduces intensity			
Session concluded to reinforce learning			
Section 5 - Coaching approach & Review			
Coach demonstrated an athlete-centred approach			
Set and maintained high standards			
Reflected on the session and identified areas of development for athletes			
Reflected on the session and identified areas of development for self			



Notes from Review

DECISION: **PASS (met all competencies)**
 REFER (does not meet all competencies)

Knowledge Test: **Passed** **Not Passed**

ACTION PLAN

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Additional Assessment Process Comments:

Print Assessor Name

Assessor Signature

Date



Planning Discussion:

Name:	Date:	Venue:
Competence/criteria	Pass	Observations / Evidence
Criteria 1 - Goals		
Athlete goals relate to profiled areas for development		
8 week plan focuses on the goals set?		
Section 2 – Planning for development		
Integrated training evident within the plan (run, jump, throw, Fundamental Movements, fitness)		
Skill development and progression planned for throughout (SI, SD, SR) (Q)		
Training principles considered within the planning (Q)		
The plan is appropriate to the stage of development of the athletes		
Section 3 – Mesocycle review		
Were the mesocycle goals reviewed during and at the end of the 8 week period?		
How was this monitored/measured? (Q) <i>(Knowledge of monitoring)</i>		
What are the next steps in planning for the athlete / group of athletes? (Q) <i>(Knowledge of Skill development and progression)</i>		
Section 4 – Medium term planning (MT)		
Understanding of medium term planning (Q)		
Understanding of the ADP in relation to MT planning		
Section 5 – Coach planning reflections		
Reflected on the mesocycle plan and identified areas of development for athletes		
Reflected on the mesocycle plan and identified areas of development for self		

<p>Action Plan:</p> <ul style="list-style-type: none"> • • • • • 	<p>Print Assessor Name:</p> <p>Assessor signature and date:</p>
<p>PASS / REFER</p>	