



BEST PRACTICES - Assistant Coach

The purpose of this tool is to assist in on-going program monitoring within BC Special Olympics from the point of view of the Assistant Coach. This is one of four tools being used to collect information from Athletes, Head Coaches and Local Committee Members as well as yourself, an Assistant Coach. Your participation is greatly valued in our efforts to ensure quality sport programs throughout the province. Please rate items under each category as follows:

(0) Don't Know (1) Strongly Disagree (2) Disagree (3) Agree (4) Strongly Agree

Organization

| | | | | | |
|---|---|---|---|---|---|
| Coaches arrive on time. | 0 | 1 | 2 | 3 | 4 |
| Coaches and athletes dress appropriately. | 0 | 1 | 2 | 3 | 4 |
| Practices are organized, purposeful, and relevant to the athlete's skill level | 0 | 1 | 2 | 3 | 4 |
| Coaches and the program challenge all athletes | 0 | 1 | 2 | 3 | 4 |
| Coaches set clear boundaries for athletes | 0 | 1 | 2 | 3 | 4 |
| Coaches expect punctuality from all participants | 0 | 1 | 2 | 3 | 4 |
| Head Coach ensures that each athlete has an opportunity to attend a competition during a sport season | 0 | 1 | 2 | 3 | 4 |
| All coaches have an opportunity to take NCCP courses | 0 | 1 | 2 | 3 | 4 |
| Head Coach makes good use of Assistant Coaches | 0 | 1 | 2 | 3 | 4 |

Comments:

Instruction

| | | | | | |
|--|---|---|---|---|---|
| Head coach prepares a practice plan for each training session | 0 | 1 | 2 | 3 | 4 |
| Head coach explains practice plan to assistant coaches and ensures understanding of skills to be taught | 0 | 1 | 2 | 3 | 4 |
| Coaches introduce skills clearly and accurately | 0 | 1 | 2 | 3 | 4 |
| Coaches demonstrate skills properly and use correct techniques | 0 | 1 | 2 | 3 | 4 |
| Coaches involve athletes in the demonstration in an appropriate way | 0 | 1 | 2 | 3 | 4 |
| Coaches explain the reason for doing the activity/drill | 0 | 1 | 2 | 3 | 4 |
| Head coach ensures that the activity is suitable for the age, experience, ability and fitness level of each athlete | 0 | 1 | 2 | 3 | 4 |
| Coaches have the ability to teach difficult or advanced skills in a manner that is appropriate to each athlete's learning style and level | 0 | 1 | 2 | 3 | 4 |
| Coaches encourage questions and create a non-threatening practice environment | 0 | 1 | 2 | 3 | 4 |
| Head coach facilitates the development of short and long term goals, for each athlete and/or for the team | 0 | 1 | 2 | 3 | 4 |
| Coaches have the ability to analyze player's strengths and weaknesses | 0 | 1 | 2 | 3 | 4 |
| Coaches provide nutritional advice and information with regard to appropriate eating habits for athletes Eg: pre and post game snacks, hydration, balanced diet | 0 | 1 | 2 | 3 | 4 |
| Every coach's conduct towards athletes and fellow coaches during competitions is helpful, supportive, and appropriate | 0 | 1 | 2 | 3 | 4 |

Comments:

Communication and Interpersonal Skills

| | | | | | |
|--|---|---|---|---|---|
| Head Coach communicates relevant information to assistant coaches and athletes | 0 | 1 | 2 | 3 | 4 |
| The program is enthusiastic and positive | 0 | 1 | 2 | 3 | 4 |
| Coaches are dedicated to the sport and the athletes | 0 | 1 | 2 | 3 | 4 |
| Coaches demonstrate a sense of fair play and promote sportsmanship | 0 | 1 | 2 | 3 | 4 |
| Coaches are patient and tolerant | 0 | 1 | 2 | 3 | 4 |
| Coaches are honest and fair | 0 | 1 | 2 | 3 | 4 |
| Coaches are good role models and set a positive example at all times | 0 | 1 | 2 | 3 | 4 |
| Coaches have a sense of humor | 0 | 1 | 2 | 3 | 4 |
| Coaches are approachable and trustworthy | 0 | 1 | 2 | 3 | 4 |
| Coaches treat all players equally and with respect | 0 | 1 | 2 | 3 | 4 |
| Coaches use appropriate verbal and non-verbal communication | 0 | 1 | 2 | 3 | 4 |
| Coaches find a way to make all the athletes feel good about themselves | 0 | 1 | 2 | 3 | 4 |
| After a performance, Coaches indicate the good part of the performance, but also point out the areas that could be improved upon | 0 | 1 | 2 | 3 | 4 |
| Coaches are respected by all of the athletes in the sport | 0 | 1 | 2 | 3 | 4 |
| Coaches know when to use discipline and when not to | 0 | 1 | 2 | 3 | 4 |
| Head Coach appears to enjoy the responsibility of leading the program | 0 | 1 | 2 | 3 | 4 |
| Coaches encourage athletes even when losing or after a loss | 0 | 1 | 2 | 3 | 4 |

Comments:

Management and Safety

Head Coach ensures equipment is up to standard and well maintained 0 1 2 3 4

Head Coach ensures that the facility is appropriate and safe 0 1 2 3 4

Head Coaches maintains statistics on individual/team performances 0 1 2 3 4

Head Coach explains divisioning and the qualifying concept to all coaches and interested athletes 0 1 2 3 4

The organization details of away competition including travel, accommodation, meals, and pre-competition practice/warm-up is satisfactory 0 1 2 3 4

Coaches have the ability to treat minor injuries and exhibit reasonable conduct in handling emergencies 0 1 2 3 4

Coaches show concern for the health and safety of the athletes during practice and competition 0 1 2 3 4

Head Coach has explained the Emergency Action Plan to Assistant Coaches and Volunteers 0 1 2 3 4

Head Coach ensures that Medical forms are available at all practices and competitions 0 1 2 3 4

Comments:

Name and Phone Number _____

Local _____

Sport _____

Thank you for your time and comments which will help us grow positively as an organization.