
Coaching Observation Checklist

Observer Information

- **Observer Name:**
- **Date of Observation:**
- **Location:**
- **Time:**
- **Role (e.g., Head Coach, Sports Director):**

Observation Criteria

Coaching Criteria	Yes	No	N/A	Comments/Notes
Clear communication of instructions				
Demonstrates technical skills				
Motivates and encourages participants				
Provides constructive feedback				
Emphasizes safety and proper technique				
Adapts methods to individual needs				
Monitors progress consistently				
Ensures a positive learning environment				
Exhibits professionalism				
Effectively manages time				

Overall Coaching Rating

Provide an overall rating based on observed coaching practices:

- **Rating Scale (e.g., 1–5):**
 - **1** - Needs Improvement
 - **2** - Below Average
 - **3** - Satisfactory
 - **4** - Good
 - **5** - Excellent
- **Overall Rating:**

Comments and Recommendations

Offer specific observations and recommendations for coaching improvement.