

Drill Name: Drill Description	
Key Teaching Points	Key Execution Points

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Self-assessment Form

	Coach:	Start Time:	Finish Time:
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Team/Level: _____ Date: _____

Rating Scale:

3 – Above Ex	pectations, 2 -	- Met Expectation	s, 1 – Below Ex	pectations, N/A	A – Not Applicable

Pre-Practice	Preparation	ו		
ObjectivesHave identified specific technical and tactical objectives	3	2	1	N/A
 Organization Pre-ice presentation, prep of assistants Equipment required 	3	2	1	N/A
 Practice Outline Clear, organized, diagrams, warm-up and cool-down, related to objectives 	3	2	1	N/A
 Components of Yearly Plan Practice plan fits into yearly plan Objectives and drill progressions relate to previous practice 	3	2	1	N/A
Pra	ctice			
Use of Drills Full participation Teach skills and tactics effectively Use drill progressions from simple to complex 	3	2	1	N/A
 Teaching Techniques Allowed time for teaching and demo Demonstrations effective Effective use of voice and body language 	3	2	1	N/A
Error Correction Immediate and appropriate feedback Repetition of drills where necessary 	3	2	1	N/A
Rapport with Players • Positive communicator • Non-threatening, relaxed environment • Evidence of player enjoyment	3	2	1	N/A
Organization Used full ice when necessary and appropriate Attention to risk management Follow practice outline Use of on-ice assistants – support personnel 	3	2		N/A
3 Things that went well:	3 Things to i	improve on:		