

Training Session Evaluation

Theme: _____ Date: _____

Safe & Appropriate area

Well-planned: equipment, numbers

Developmentally Appropriate Topic

Simple to complex when successful; conditions; warm-up, activities, cool-down

Lots of Repetition

Clear, concise, correct instruction – players show growth in topic at end

- Coach players; don't manage drills

- Focus on key points of topic

Allows for decision making

Shows implications for the game

Fun? - No lines, laps, lectures

- Your attitude appropriate