

Coaches Training Performance Checklist

What skills do we hope to develop today?

How am I going to teach these skills? ...

..... *Post training review*

Did I teach the skills using head, hands and feet?

Did all players understand my demonstrations?

Did I have 1 ball per 2 players?

Were players 100% active, 100% of the time?

Did each player get 200 touches of the ball?

Was the warm up fun and dynamic?

Did I speak to each player during the session?

Did I give each player practical advice to improve technique?

Did the games allow each player to get touches of the ball?

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