



Session Reflection/Evaluation

Designed By: Sian Clancy

Session:

Date:

	False		True
I was happy with my preparation for this session	1	2	3
I provided a positive atmosphere throughout the session	1	2	3
I was enthusiastic and motivating throughout the session	1	2	3
I found good solutions to unplanned situations	1	2	3
My athletes took part in decision making during the session	1	2	3
I made eye contact with each of my players	1	2	3
I varied my body language and tone of voice throughout	1	2	3
I gave positive and constructive feedback	1	2	3
I gave feedback at the most effective time	1	2	3
My session met the needs of the athletes	1	2	3
My athletes enjoyed the session	1	2	3
When asking questions I had my athletes attention	1	2	3
I was in a good position to communicate to/observe my athletes	1	2	3

The best aspect of this training session was:

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In my next session I will focus on:

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From this session, in our next game I should see:

Comments: