

Programme Vision & Strategy Rate yourself between 1 (not very good) to 5 (excellent) in the below coaching competences						What makes you say that?	What can you do to get better at it quickly? And more long-term? By when?	What help do you need to be able to get better at it? From whom?
	1	2	3	4	5			
Understanding the big picture and make sure that I take local, regional and national policy and objectives into account in my coaching								
Analysing the needs of the programme and the kids								
Setting an appropriate vision and objectives for the programme								
Developing an adequate strategy and an action plan to fulfil the vision and objectives for the program and the kids								
Setting the Environment Rate yourself between 1 (not very good) to 5 (excellent) in the below coaching competences						What makes you say that?	What can you do to get better at it quickly? And more long-term?	What help do you need to be able to get better at it? From whom?
1	2	3	4	5				
Effectively identifying and recruiting kids and coaching staff								
Appropriately organising the setting and personnel to create a culture of high performance								
Identifying and sourcing the relevant resources (human and material) required to fulfil program and kids' needs								
Employing all reasonable measures to keep athletes from harm								

Building Relationships Rate yourself between 1 (not very good) to 5 (excellent) in the below coaching competences						What makes you say that?	What can you do to get better at it quickly? And more long-term?	What help do you need to be able to get better at it? From whom?
	1	2	3	4	5			
Building appropriate and effective professional and personal relationships with staff, kids, parents, teachers and any other relevant stakeholders								
Effectively leading and influencing stakeholders for maximum chance of fulfilling the objectives of the programme and the kids								
Adequately managing staff in my charge								
Educating student-athletes, their parents, staff and other stakeholders to enhance the contribution they make to their own objectives and to those of the program								
Conduct Practice & Structure Competitions Rate yourself between 1 (not very good) to 5 (excellent) in the below coaching competences						What makes you say that?	What can you do to get better at it quickly? And more long-term?	What help do you need to be able to get better at it? From whom?
1	2	3	4	5				
Promoting the kids' improvement and development through the setting up of appropriate practices and learning opportunities								
Identifying or creating and managing suitable competitive opportunities to contribute to the kids' development								

Read & React to the Field Rate yourself between 1 (not very good) to 5 (excellent) in the below coaching competences						What makes you say that?	What can you do to get better at it quickly? And more long-term?	What help do you need to be able to get better at it? From whom?
	1	2	3	4	5			
Consistently gathering relevant performance data for the team and for individual kids								
Analysing performance data relating to the team and individual kids								
Based on performance data analysis, put strategies in place to support improvement of the team and the individual kids								
Make good 'live' decisions at critical points in both practice and competition								
Respond with sensitivity to wider events in the social and environmental context of the programme								
Reflecting and Learning Rate yourself between 1 (not very good) to 5 (excellent) in the below coaching competences						What makes you say that?	What can you do to get better at it quickly? And more long-term?	What help do you need to be able to get better at it? From whom?
1	2	3	4	5				
Seeking out relevant opportunities to grow as a coach and educator								
Systematically reflecting on all aspects of my coaching to identify areas and ways to maximise and accelerate learning								
Being creative and finding new solutions and initiatives to add value to the program								

This self-reflection tool is based on the 6 Core Functional Areas identified in the International Sport Coaching Framework v1.2 developed by the International Council for Coaching Excellence, Leeds Beckett University and The Association of Summer Olympic International Federations. Feel free to amend and adapt to your needs, but please credit Sergio Lara-Bercial as the original source.