

Coaching (or On Water) Assessment Outline

Candidate: _____

Date: _____

Lesson topic: _____

Instructor Trainer: _____

	Unacceptable		Satisfactory		Excellent
	1	2	3	4	5
Choice of an appropriate location	1	2	3	4	5
Group organization	1	2	3	4	5
Communicate clearly and effectively	1	2	3	4	5
Effective and appropriate use of lesson aids	1	2	3	4	5
Skill introduction	1	2	3	4	5
Skill demonstration	1	2	3	4	5
Skill explanation	1	2	3	4	5
Appropriate practice activity and length of time for practice	1	2	3	4	5
Maintained control and contact with group	1	2	3	4	5
Effective detect and correct of common problems	1	2	3	4	5
Summarized the skill	1	2	3	4	5
Started and stopped on time	1	2	3	4	5

Comments: _____

Typical Guidelines — Coaching Assessment

Choice of an Appropriate Location

The location must match the skill being taught. Consideration for environmental factors must be evident.

Group Organization

Set the group up so that everyone can hear and see the instructor. Consideration for environmental factors must be evident. Considerations for distractions must be evident, keeping the group's attention throughout the presentation.

Communicate Clearly and Effectively

Instructor must speak so that everyone can hear. Positive language should be used.

Effective and Appropriate Use of Lesson Aids

Correct and purposeful use of lesson aids such as model kayaks, hands, paddle, body, and other objects where appropriate.

Skill Introduction

Clearly and concisely introduce the topic and relate it to the overall progression of skills.

Skill Demonstration

The skill must be demonstrated correctly and completely and must be clear to the participants. Demonstrations must match introductions.

Explain the Skill

Relate why the skill is important and how it fits into the overall progression of skills and applications to practical paddling.

Appropriate Practice Activity and Length of Time for Practice

Sufficient time must be provided for paddlers to practice *independently*. The activity must be achievable and pertain to the development of the specified skill.

A predetermined duration for practice is one way to manage and limit "instructor-talk" and centre the activities on having participants in action.

Maintained Control and Contact with Group

Particular attention needs to be paid to safety and overall awareness of the group and environmental hazards.

Effective Detection and Correction of Common Problems

Observe and identify typical errors encountered in learning each skill. Provide positive, constructive, and appropriate feedback.

Started and Stopped on Time

Running over time creates many difficulties and should be avoided. Instructors need to manage questions and distractions to keep on time.