

<b>Name: Andrew Mihranian</b>		<b>Date:</b> 17/11/12	<b>Venue: Sport City</b>
Competence/criteria		Pass	Observations
<b>Section 1 – Session Plan</b>			<b>The aim was endurance and use of upper body. Using guided discovery and checking for understanding.</b>
Clear session / outcome goals for both athletes and coach?	P		
Outcome was appropriate for athletes at the stage of development stated?	P		
<b>Section 2 – Health &amp; Safety</b>			<b>Marked out area in busy sports hall. Asked about injuries and checked during the session. Adapted session due to number of athletes.</b>
Coach checked and set up the environment and equipment so as to prevent injury to all parties	P		
Coach checked athletes attire and checked for injury, illness and medical conditions.	P		
Coach rechecked H&S throughout the session	P		
Coach modified session based on changing environmental needs	P		
<b>Section 3 – Session Delivery</b>			<b>Athletes aware of outcomes. High hips. Good use of names. Instructions were clear and concise. Checked for understanding which was main coach goal for the session.</b> <b>Linked instructions in with demonstrations well. Key words used for running styles that were evidently wrong - vulture, Notre Dame and John Cleese. Got buy in of those involved and some great q and a and self discovery. Progressed to running tall with high hips. Nicely put over.</b> <b>Kept everyone involved throughout the session. Feedback from the athletes by q and a.</b>
Was the aim of the session shared with the athletes?	P		
Warm up – was it progressive and appropriate to both the stage of development of the athletes and the session that followed?	P		
Instruction/Explanation and Demonstration – were these clear and accurate?	P		
Was involvement of the athletes maximised?	P		
Were the observations and analyses linked to the technical model and accurate?	P		
Feedback – was it interactive, simple and positive?	P		
Developing skill – was it progressive, technically correct and evolved so that the activity provided variety and challenge?	P		
Did the coach show equity and cater for all abilities?	P		
<b>Section 4 – Session Conclusion</b>			<b>Ensured at the end of the session that all athletes took part in going over the key points.</b> <b>Took the cool down at the end of the day and reinforced learning on checking for understanding and question and answer.</b>
Cool down – gradually reduces intensity	P		
Session concluded to reinforce learning	P		
<b>Section 5 - Coaching approach &amp; Review</b>			<b>Brought session to a close by getting athletes to explain what they had learnt. A good session.</b>
Coach demonstrated an athlete-centred approach	P		
Set and maintained high standards	P		
Reflected on the session and identified areas of development for athletes	P		
Reflected on the session and identified areas of development for self	P		

Notes from Review

Everything hit on the first session. Well done!

In the second session led the cool down at the end, involved others in the process and kept building on ensuring checked for understanding.

**DECISION:                   PASS (met all competencies)**

ACTION PLAN

Now is the time to consolidate what you have learnt and to build on it.

Well done and good luck with your coaching!

**Candidate Signature**

**Date**

**Assessor Signature     Steve Nolan**

**Date 22/11/12**