

Skills Coach

Self-Assessment Tool for Sport Coaches

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The assessment tool provided here is a comprehensive Self-Assessment Tool for Sport Coaches. It is designed for several purposes:

Purpose:

Self-Evaluation: Coaches can use this tool to assess their own competencies and skills across various dimensions of coaching. It provides a structured way for coaches to reflect on their strengths and areas for improvement.

Coaching Improvement: Coaches can gain insights into areas of their coaching that may need enhancement, enabling them to create personalized development plans and set goals for improvement.

Professional Development: The assessment tool can serve as a foundation for professional development in coaching. Coaches can use the results to identify areas where they may need further training or education.

Performance Enhancement: By understanding their proficiency in different coaching aspects, coaches can tailor their approach to athlete development, resulting in improved performance and athlete satisfaction.

Communication: Coaches and coaching organizations can use the results to facilitate open and constructive discussions about coaching development. This tool provides a common language and framework for evaluating coaching proficiency.

Coaching Certification: In some cases, coaching organizations and certifications may use such assessment tools as part of their certification or accreditation process to ensure that coaches meet certain standards and criteria.

How it will be used:

Coaches will respond to the questions in the assessment tool by selecting the appropriate rating for each competency. They will rate their proficiency, understanding, or ability on a scale that includes options such as "Insufficient," "Limited," "Adequate," "Good," and "Very good."

Once completed, coaches self-assessment results will be analyzed to identify strengths and areas for improvement in different coaching domains, including Professional Knowledge, Protection, Welfare, Integrity, Communication, Motivation, Planning, Management, Technology Literacy, and Continuous Professional Development.

Confidentiality:

Your participation in this study will be kept confidential. Your personal information, including your email address, will not be shared with anyone outside of the research team.

The project is funded by the European Commission under the Erasmus+ program called SKILLS4COACH (Developing Coaching Skills through Innovative Methods).

Consent:

I have read and understood the information provided above, and I agree to participate in the study. I understand that I can withdraw from the study at any time.

Please provide your email address below if you wish to receive the results of the self-evaluation:

Email Address: _____

By providing your email address, you consent to receive the study results at the provided email address. Your email address will be kept confidential and used solely for this purpose.

A. Identification Variables:

Gender:

M

F

Other (which)

Age in completed years:

The sport in which you carry out your activity as a sports coach:

Age group of your athletes:
children/ youth/ adults/ seniors

Social categories (Possibility to select multiple answers)
elite athletes/ recreation/ people with disabilities/ children/ women.

Country where you work as a sports coach:

In terms of the number of sports, the sports club where you work is:

a) Monosport (only one sport)

b) Multisports

B. Coach Experience and Education

1. The level where you compete:

national/ international

5. How long have you been coaching ? (in years)

6. Which is your level of education?

Primary secondary/ higher education/ sports specific education

7. When was the last time you attended a training for sports coaches?
- a. I did not participate at all
 - b. over 3 years ago
 - c. last year
 - d. this year
 - e. in the last 6 months
 - f. this month.

8. Which were the main topics of the last training you attended at?

10. What is the performance level of your athletes?
- a) Initiation
 - b) Advanced
 - c) Performance
 - d) High performance



C. Professional Knowledge (Sports Delivery)

1. Please rate your proficiency in designing training programs that match the target audience, abilities, and age.

Insufficient Limited Adequate Good Very good

2. Please rate your understanding of sports physiology and anatomy.

Insufficient Limited Adequate Good Very good

3. Please rate your knowledge about proper nutrition and hydration for athletes.

Insufficient Limited Adequate Good Very good

4. Please rate your ability to create effective strength and conditioning programs.

Insufficient Limited Adequate Good Very good

5. Please rate your proficiency in athlete injury prevention and rehabilitation techniques.

Insufficient Limited Adequate Good Very good

6. Please rate your skill in creating personalized training programs for athletes.

Insufficient Limited Adequate Good Very good

7. Please rate your clarity and adherence to your coaching style and philosophy.

Insufficient Limited Adequate Good Very good

8. Please rate your ability to analyze an athlete's performance.

Insufficient Limited Adequate Good Very good

9. Please rate your knowledge and competence about sports psychology and its role in coaching.

Insufficient Limited Adequate Good Very good

10. Please rate your readiness to include people with disabilities in the trainings you conduct.

Insufficient Limited Adequate Good Very good

D. Protection, Welfare, and Integrity

1. Please rate your ability to create a safe environment that ensures the dignity, rights, safety, and well-being of all participants.

Insufficient Limited Adequate Good Very good

2. Please rate your proficiency in providing first aid when necessary.

Insufficient Limited Adequate Good Very good

3. Please rate your ability to work effectively with children.

Insufficient Limited Adequate Good Very good

4. Please rate your capability to work with people with disabilities.

Insufficient Limited Adequate Good Very good

5. Please rate your commitment to inclusivity and respect in coaching.

Insufficient Limited Adequate Good Very good

6. Please rate your ability to maintain team spirit, equality, and discipline.

Insufficient Limited Adequate Good Very good

7. Please rate your understanding of and commitment to combat the use of banned substances and match-fixing.

Insufficient Limited Adequate Good Very good

E. Communication and Motivation

1. Please rate your ability to respect and integrate cultural awareness into your coaching.

Insufficient Limited Adequate Good Very good

2. Please rate your sensitivity and openness to diversity in your coaching approach.

Insufficient Limited Adequate Good Very good

3. Please rate your effectiveness in taking on a mentoring role for your athletes.

Insufficient Limited Adequate Good Very good

4. Please rate your commitment to fair play, ethics, and morals in your coaching.

Insufficient Limited Adequate Good Very good

5. Please rate your ability to collaborate with relevant stakeholders.

Insufficient Limited Adequate Good Very good

6. Please rate your ability to instill positive values and life skills in your athletes.

Insufficient Limited Adequate Good Very good

7. Please rate your proficiency in written and verbal communication.

Insufficient Limited Adequate Good Very good

8. Please rate your ability to provide constructive and goal-oriented feedback.

Insufficient Limited Adequate Good Very good

9. Please rate your proficiency in actively listening and fostering mutual interaction.

Insufficient Limited Adequate Good Very good

10. Please rate your ability to stimulate athletes' deep reflections through powerful questions.

Insufficient Limited Adequate Good Very good

11. Please rate your skill in understanding and sharing the athlete's perspective.

Insufficient Limited Adequate Good Very good

12. Please rate your ability to ensure a common understanding of goals, strategy, and consequences with your athletes.

Insufficient Limited Adequate Good Very good

13. Please rate your ability to maintain your own motivation as a coach.

Insufficient Limited Adequate Good Very good



F. Planning management and Leadership Skills

1. Please rate your ability to effectively organize activities and events.

Insufficient Limited Adequate Good Very good

2. Please rate your skill in managing expectations, especially in scenarios of winning or losing.

Insufficient Limited Adequate Good Very good

3. Please rate your proficiency in managing conflicts within the team.

Insufficient Limited Adequate Good Very good

4. Please rate your ability to manage time effectively.

Insufficient Limited Adequate Good Very good

5. Please rate your ability to make and implement plans at different time scales.

Insufficient Limited Adequate Good Very good

6. Please rate your ability to prioritize the most important tasks effectively.

Insufficient Limited Adequate Good Very good

7. Please rate your ability to delegate tasks to others in the team when needed.

Insufficient Limited Adequate Good Very good

8. Please rate your ability to make quick decisions.

Insufficient Limited Adequate Good Very good

9. Please rate your capacity to be future-oriented and visionary in your coaching.

Insufficient Limited Adequate Good Very good

10. Please rate your ability to be clear regarding goals, strategies, and consequences.

Insufficient Limited Adequate Good Very good

11. Please rate your ability to establish functional teams with complementary skills.

Insufficient Limited Adequate Good Very good

12. Please rate your skill in managing the performance of athletes.

Insufficient Limited Adequate Good Very good

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G. Technology Literacy

1. Please rate your proficiency in using video analysis tools for coaching.

Insufficient Limited Adequate Good Very good

2. Please rate your ability to effectively track athlete performance using technology.

Insufficient Limited Adequate Good Very good

3. Please rate your knowledge and use of mobile devices and wearable technologies in coaching.

Insufficient Limited Adequate Good Very good

4. Please rate your understanding and utilization of AI and machine learning in coaching.

Insufficient Limited Adequate Good Very good

5. Please rate your proficiency in using VR technology for coaching purposes.

Insufficient Limited Adequate Good Very good

6. Please rate your ability to use social media effectively for coaching and communication.

Insufficient Limited Adequate Good Very good

7. Please rate your understanding and practice of cybersecurity measures in coaching.

Insufficient Limited Adequate Good Very good

8. Please rate your ability to utilize cloud computing for coaching and data storage.

Insufficient Limited Adequate Good Very good

9. Please rate your proficiency in managing and analyzing coaching data.

Insufficient Limited Adequate Good Very good

10. Please rate your competence in using information and communication technology in coaching.

Insufficient Limited Adequate Good Very good

11. Please rate your understanding and application of coaching in e-sports.

Insufficient Limited Adequate Good Very good

H. Continuous Professional Development (CPD)

1. Please rate your understanding of the principles and importance of lifelong learning in sports coaching.

Insufficient Limited Adequate Good Very good

2. Please rate your knowledge and application of principles related to an athlete's dual career, balancing sports and education or other pursuits.

Insufficient Limited Adequate Good Very good

3. How would you describe yourself when reflectively thinking about your involvement in Life Long Learning?

- I never let go of learning opportunities
- I participate in training only when I am invited
- I participate only if they don't have to pay for it
- I don't find offers on the market that interest me
- I don't have time for LLL

Are the questions understandable?

Can the survey help you identify the strengths and weaknesses of your coaching competencies?

Was the survey too long?

What would you like to add to help us improve this self-evaluation tool



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