

## Self-Appraisal Of Your Coaching

Self appraisal guide for .....(COACH name)			
Rate yourself by referring to columns at right that aptly fit you now/ today	Demands improvement Rating 1-3	Fair to Good Rating 4-6	Very good - Excellent Rating 7-10
<i>What rating would you give yourself for being competent in detecting/ acknowledging these skills of bowlers</i>			
Technical delivery			
Mental skill			
Tactical skill			
Team (spirit) skill			
Fitness skill			
Communication skill			
Attitude from players behaviours			
<i>What rating would you give yourself being able to coach, and conduct training, for these following skills</i>			
Technical delivery			
Mental skill			
Tactical skill			
Team (spirit) skill			
Communication skill			
<i>What rating would you give yourself being able to coach, conduct training</i>			
Beginners			
Good bowlers			
Elite singles players			
Club pennant Teams & positions			
Fours teams			
Pairs			
Skips & their communication skills			
Junior bowlers, U.18			
Players with disabilities			

Website [www.lachlantighebowls.com](http://www.lachlantighebowls.com)  
**Self appraisal of yourself as a COACH, 2019**

Rate yourself by referring to columns at right that aptly fit you now/ today	Demands improvement Rating 1-3	Fair to Good Rating 4-6	Very good - Excellent Rating 7-10
Players using a bowlers arm			
<b><i>What rating would you give yourself for the following roles</i></b>			
Club team selection			
Large group programs			
Presenter as a speaker			
Measure my own coaching performance			
Game analysis, event player debrief			
Leadership			
Communicator			
<b><i>What rating would you give yourself for the following commitments</i></b>			
Developed a personal coach philosophy			
Set annual goals			
Review and revise annual goals			
Have a scheduled calendar of coaching			
Your own professional development			
Provide an annual report to bowls body			
Seek out other sport influences			
Measure player performances			
Measure your own coaching performance			
Have a purpose for every training session			
Have learnt more on coaching this year			
<b><i>What rating would you give yourself for the following characteristics</i></b>			
Energizer of players			
Planner			
Organizer			
Initiator			
Considerate			
Lleader			
Networker			
Observer of behaviour			

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Self appraisal of yourself as a COACH, 2019*

<b>Rate yourself by referring to columns at right that aptly fit you now/ today</b>	<b>Demands improvement Rating 1-3</b>	<b>Fair to Good Rating 4-6</b>	<b>Very good - Excellent Rating 7-10</b>
Communicator - face to face			
Communicator - reports			
Dealing with confrontation			
Setting standards			

**Rating yourself, the coach** (out of a score of 10 in a range as follows)

9-10 excellent; 7-8 very good; 6 good; 5 average;

4 fair to average; 3 poor; 1-2 ghastly; 0- yuk

ACTION if I was advising you about your role as a coach:

Rating 0 \_ need immediate consultation to question their / your desire to continue.

Ratings 1-3 \_ need advice, assistance, training and if pattern continues then ask why do I do it?

Ratings 4-6 \_ need encouragement to strive for the higher scores, avoid mediocrity.

Ratings 7-10 \_ need to be nurtured as you are the coach a bowler / team needs to strive for success.

This template is my first attempt at such an appraisal of we coaches. I could not find a pertinent document on any bowls association website to be able to use to assess myself with a level of competency.

It intends to allow you to reflect honestly as a coach on where you are as a coach, and what you might see yourself doing to reach your level of aspiration in bowls.

**Lachlan Tighe, 2019**