

Self-appraisal Of Yourself As Coach

Self appraisal guide for(COACH name)			
Rate yourself by referring to the column on the right that aptly fits 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 being competent in detecting / acknowledging these following skills of bowlers</i>			
Technical delivery			
Mental skill			
Tactical skill			
Team (spirit) skill			
Fitness skill			
Communication skill			
Attitude of players based on their 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, and conduct training</i>			
Beginners			
Good bowlers			
Elite singles players			
Club pennant Teams & positions			
Fours teams			

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Self appraisal of yourself as a COACH, 2022

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Pairs			
Skips & their communication skills			
Junior bowlers, U.18			
Players with disabilities			
Players using a bowlers arm			
<i>What rating would you give yourself for the following roles</i>			
Club team selection			
Large group programs			
Presenter as a speaker			
Mediator, conflict resolution			
Game analysis & event debrief with players			
Leadership			
Communicator			
<i>What rating would you give yourself for the following commitments</i>			
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 about coaching this past year			

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Relationships with squad members			
Organizer			
Networker to constantly learn			
Communicator- reports on plans, performances			
<i>What rating would you give yourself for the following characteristics coaching Teams</i>			
Energizer of players & teams			
Planner for team performance			
Initiator			
Considerate, empathetic			
Leadership			
Observer of behavior, team dynamic			
Communicator- face to face			
Dealing with confrontation			
Setting team standards- discipline, values			
Debriefing performance			

Rating yourself, the coach

(Rate yourself in a column above 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.

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Ratings 1-3 needs advice, assistance, training and if the pattern continues then ask why do I do it?

Ratings 4-6 needs encouragement to strive for higher scores, avoid mediocrity.

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

This template intends to allow you, the coach, to reflect honestly on where you are as a coach, and what you might see doing to further your level of competence, excellence, in bowls.

ADDENDUM:

In The Age newspaper, Saturday 20/7.2019 an article about the rise of AFL Brisbane Lions coach fascinated me and here are excerpts to share from the article:

‘In 2014, research was conducted that sought to create a profile of an elite coach in international sport. The identikit of the 14 international elite coaches included:

Their average age was 55, ranging from 44 - 67.

Their average years coaching was 29.

Predominantly they were tertiary qualified.

All were married, most with children

and their strong character traits included these five:

agreeableness,

conscientiousness,

extraversion,

neuroticism,

openness.

In summary that meant their personality traits included: clarity of direction, of focus, of game plan, of their role, diligent, disciplined, delegated easily, emotionally stable and secure, enjoy challenges, empower athletes, invest in people, optimism, rarely upset, sociable.

Lachlan Tighe, 2022.