

## Assessed Task C7 – Independent Observation of Practical Activity Checklist

Coach name:		Course venue:	
Assessor name:		Verifier name:	
Session topic:			

Aspect	The Coach:	Outcome <sup>3</sup>	Comments/Action Plan (AP)
<b>Coaching and planning</b>	<b>Conduct a coaching session</b>	arrived punctually for the coaching session	
		sourced and set up safely equipment needed for the coaching session	
		introduced him/herself to players, detailing the aims of the coaching session ahead and any ground rules for behaviour	
		used an appropriate warm-up for the group and coaching session content	
		gave clear and correct demonstrations and explanations of the skills, techniques, safety points and rules of the skill/technique/small-sided game being coached	
		used a range of coaching styles to ensure the needs of all players were met	
		organised the group safely when carrying out coaching activities	
		analysed and corrected players' technique in a constructive and positive way	
		praised positive behaviour demonstrated by the group	
		answered players' questions throughout the session	
		gave constructive feedback to players at appropriate times during the coaching session	
		adapted and progressed activities in line with players' capabilities	
		allowed enough time to conclude the coaching session safely, including a suitable cool down.	

<sup>3</sup> The Outcome columns should contain:

- 'C' for competent
- 'CAP' for competent with an action plan
- 'NYC' for not yet competent, the latter suggesting an action plan point against the criterion on which the coach needs to work.

### 1st4sport Qualifications

the awarding body for active learning and leisure

Aspect	The Coach:	Outcome <sup>3</sup>	Comments/Action Plan (AP)
<b>Coaching and planning</b>	Conduct a coaching session	gathered feedback from players and others on the coaching session	
		gave players information about future coaching sessions	
		ensured players left the coaching environment safely	
		left the coaching environment in a safe state for future use	
<b>Safety</b>	Safety/deal with accidents and emergencies	checked the coaching environment and equipment for safety prior to the coaching session	
		checked the players' readiness to participate, including experience, health issues and dress	
		managed player behaviour, dealing with conflict if appropriate	
		carried out emergency procedures when appropriate	
		checked the coaching environment and equipment for safety following the coaching session	
<b>Personal qualities</b>	Establish and maintain relationships that support the coaching process	empowered players to take control of their own learning	
		treated all players fairly and equitably, respecting their individuality	
		motivated and encouraged the players throughout the coaching session	
		balanced instruction, demonstration, discussion and facilitation within the coaching session	
		followed the RFL <i>Coaching Code of Conduct</i> throughout the coaching session.	

Coach signature:		Date:	
Coach assessor signature:			
Internal/external verifier signature:			