



BETTER ATHLETES
BETTER PEOPLE

A Positive Coaching Alliance "How To" Resource

Double-Goal Coach® Self-Evaluation: Reviewing Film

Introduction

As a Double-Goal Coach, we have teachable spirits and are always looking to improve, just as we hope for our athletes. One of the best tools to evaluate your coaching is to have an assistant coach or other trusted person film you! Here's how:

Filming a game or practice?

Both can give different and useful information, and it depends on what you, as the coach, are looking to work on. Filming part of a practice, you can better evaluate delivery of feedback, tone, etc. Filming a game is a better opportunity to look at reactions to officials, reactions to players' performance, etc.

How to view the footage?

All we suggest you watch the video footage three different ways, as you can notice different things when you do this!

1. Watch video without sound.
2. Listen to the audio without looking at the picture.
3. Watch video normally with sound and picture.

When watching without sound: what does your body language convey? How are you reacting non-verbally to things happening in the game or at practice? When listening to audio without the picture - what is your tone of voice? What types of feedback are you giving?

On the next page, be sure to check out "**specific look-fors**", kinds of things you might look for as you're reviewing the footage.

Reviewing game film, continued

Specific look-fors

Emotional Tank Filling

- How is your ratio of positive comments to negative? (Consider verbal and nonverbal feedback. Remember the goal is 5:1!)
- How often did you smile or laugh during the competition/practice?
- How often are you using player names?
- How are your players nonverbal when you sub for them or take them out of the competition? Are they reacting positively to what you say to them? Or does your message seem like a tank-drainer?

Mastery (ELM)

- What specifically did you praise? Did you ever praise unsuccessful effort?
- Was your feedback or instruction to players clear and useful? (ex. - Not useful - "throw strikes!" Useful - use if/then)
- How was your behavior after someone made a mistake?

Honoring the Game

- How was your treatment of officials? (Consider verbal and nonverbal)
- If given the opportunity, did you use narrated modeling with your players to help them understand your reactions to officials or other situations?
- How was your tone with your players?
- Did you make comments or give nonverbal feedback directed at the other team?
- Was there an opportunity to use a self-control routine? If so, did you use one?
- Did you ever lower your personal standards because others weren't Honoring the Game?

Next steps and Resources

What did you like about what you saw? What do you want to change? Based on what you saw, be sure to make a list of both your strengths and where you have opportunities for growth.