



# SEPAK TAKRAW ASSOCIATION OF CANADA

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## SPORT PRACTICE OBSERVATION FORM

COACH PROFILE		COACHING EXPERIENCE	
_____		_____	
Full Name		Coaching Experience (e.g. level, age of participants)	
_____		_____	
Complete Address		Date of Community Course	
_____		_____	
Phone Number	Email	Course Instructor	
_____	_____	_____	

Coach Observed: \_\_\_\_\_ NCCP Level: \_\_\_\_\_

Team's Name: \_\_\_\_\_ Male ( ) Female ( ) Co-ed ( )

Number of Players: \_\_\_\_\_ Age Range: \_\_\_\_\_  
(please attach a team roster if available)

Date of Observation: \_\_\_\_\_ Time: \_\_\_\_\_

Place of Observation: \_\_\_\_\_

### INTRODUCTION

Prior to attending somebody else's practice, contact the coach and ask permission to fulfil your Practical requirements of observing a practice. Avoid visiting a practice of a rival team (if applicable) for obvious reasons unless the coach does not mind to be observed by you.

Once the permission has been granted, you can ask the coach to send you his/her practice plan in advance. If that is not possible, you can ask for the practice plan at the practice site. If the NCCP coach does not have a practice plan, you report it in the Form.

While observing the practice, place yourself close enough to the action to hear the coach's comments and far enough not to interfere with the practice. Feel free to walk around following the action.

## **WHAT TO OBSERVE**

This exercise has a primary goal, to allow you to observe how to conduct a practice, i.e. PRACTICE MANAGEMENT. We hope that by observing the practice you will be able to answer the following questions:

1. What was the coach trying to achieve? Objectives!
2. How did the coach try to achieve the goals? Content/Methods
3. Did the coach succeed at achieving the goals? Evaluation
4. What were the strategies used by the coach to maximize performance in practice?
5. Overall coaching philosophy (a practice may not be enough for you to learn this but you can ask the coach for his/her coaching philosophy)
6. Was the use of the time well spent during the practice?
7. How did you like the way the coach organized the practice?
8. How did you like the way the coach interacted with the players?

## **BONUS**

Although the main purpose of the observation is not to learn about skills or tactics but rather about Practice Management, did you learn anything about skills and/or tactics? Can you describe them?

**A copy of this completed Practice Observation Form must be sent to our STAC office by mail or fax as indicated on letterhead above.**