

3.4.1: Review coaching session

SWOT analysis

Sports coaches will find it beneficial to carry out a SWOT analysis of their coaching session when they are completing their review. SWOT stands for:

S: Strengths: these are the elements that went well in the coaching session and can be viewed as strengths by the coach.

W: Weaknesses: these are the elements that did not go well in the session and can be viewed as weaknesses of the coach.

O: Opportunities: these are the opportunities you could take advantage of that would help you improve or develop as a coach.

T: Threats: these are the factors that could prevent you from taking the opportunities to develop and improve as a coach. For example, you have to catch the school bus home every day which means you cannot stay behind after school and help with the Year 7 netball sessions.

Use of qualitative and quantitative data

The coach could use several different sources of evidence when carrying out their review of any session. This evidence will include a range of qualitative and quantitative data. These could include the following:

Personal reflection: it is likely that every sports coach reflects on their own coaching performance after each session they deliver. This could be an informal period of reflection after a session or could involve a formal approach such as completing a diary or journal.

Assessor feedback: if the session was watched by an assessor or a more senior coach, they are likely to give the sports coach some feedback on their performance and offer them advice. Again, this could formal or informal.

Participant feedback: this is another key source of information as participants are in the perfect position to provide feedback for the coach, either informally or formally.

Video feedback: can provide both qualitative and quantitative feedback for coaches regarding the effort, attitude and level of performance demonstrated by the coach and the participants.

Achieving aims and objectives

The coach should reflect on how successfully they achieved their aims and objectives for all their coaching sessions.

If their aims and objectives were not achieved, the coach must reflect on why this was the case. This could be because the participants took longer to master the skills, drills and activities at the start of the session, or the coach did not think that the participants were ready to progress on to the later activities planned. This reflection could have a direct impact on the aims and objectives set by the coach for future sessions as they will have more performance data on which to base their future plans.

By carrying out an analysis using different sources of feedback and data, a sports coach can produce an accurate and honest review of their coaching.

