**Sports Coaching Feedback Form**

### **Coach and Training Information**

**Coach’s Name: \_\_\_\_\_\_\_\_\_\_  
Sport/Activity: \_\_\_\_\_\_\_\_\_\_  
Date of Coaching Session: \_\_\_\_\_\_\_\_\_\_  
Training Duration: \_\_\_\_\_\_\_\_\_\_  
Skill Level: Beginner ☐ Intermediate ☐ Advanced ☐**

### **Performance Evaluation**

| **Aspect of Coaching** | **Very**  **Effective** | **Effective** | **Neutral** | **Needs Improvement** | **Ineffective** |
| --- | --- | --- | --- | --- | --- |
| **Provided clear and actionable instructions.** | **☐** | **☐** | **☐** | **☐** | **☐** |
| **Motivated and encouraged athletes.** | **☐** | **☐** | **☐** | **☐** | **☐** |
| **Helped improve technique and performance.** | **☐** | **☐** | **☐** | **☐** | **☐** |
| **Offering personalized feedback and corrections.** | **☐** | **☐** | **☐** | **☐** | **☐** |
| **Fostered a positive team environment.** | **☐** | **☐** | **☐** | **☐** | **☐** |
| **Ensured safety and injury prevention.** | **☐** | **☐** | **☐** | **☐** | **☐** |
| **Managed practice sessions efficiently.** | **☐** | **☐** | **☐** | **☐** | **☐** |
| **Set achievable training goals.** | **☐** | **☐** | **☐** | **☐** | **☐** |

### **Athlete Feedback**

**What did you enjoy most about the coaching session?**

**What could be improved?**

### **Athlete Information**

**Full Name: \_\_\_\_\_\_\_\_\_\_  
Signature: \_\_\_\_\_\_\_\_\_\_  
Date: \_\_\_\_\_\_\_\_\_\_**