Coaching Practicum

The purpose of the coaching practicum is to experience real-life coaching. Through this experience, the student is provided with the opportunity to engage in the various dimensions of coaching to demonstrate their coaching abilities in a practical setting.

The objectives of the coaching practicum include the following:

- To provide the student with a practical experience in coaching
- To encourage the student to apply theoretical aspects of coaching in a practical setting
- To engage the student to connect and contribute within the community, such as with schools and sport programs.
- To enhance the overall individual development of the student through an experiential opportunity which is different from the typical classroom lecture setting

The goal of the practicum is for the student to experience, apply, and demonstrate competence in a range of selected coaching outcomes. It is to be recognized that, depending on one’s specific practicum, some areas will demand more (or less) focus depending on one’s individual coaching situation.

Selected outcomes of Coaching

- **Knowledge.** To obtain further knowledge. This includes theoretical aspects of coaching, as well as, understanding how they can be applied in a specific practical setting.
  - Preparation, planning, periodization of training
  - Technical skills components of the sport, and one’s overall knowledge of the sport
  - Program strategy and goals
  - Long Term Athlete Development model

- **Effectiveness.** To achieve a level of effectiveness consistent with one’s goals and, of the program/team.
  - Assess and evaluate team/athlete athletic achievement and performance
  - External awards and recognition, including player evaluation, rapport and feedback
  - Assess and evaluate feedback from Mentor/Supervisor

- **Leadership.** To develop leadership abilities based upon ethical decision making.
  - Establishing a sound coaching philosophy
  - Develop a coaching style
  - Project a positive image of oneself and of the sport, as a positive role model as a coach and overall as a person
  - Motivate, empower, enhance others

- **Communication and Instruction.** To further develop the ability to communicate and instruct within a sport environment.
  - Teach appropriate technical skills
  - Use effective delivery methods for easy learning and acquisition
  - Provide a safe and enjoyable environment to practice and compete.
  - Deliver clear messages, explanations, and provide appropriate feedback
  - Facilitate learning and results
  - Recognize and manage conflict
• Teamwork: To work with others, recognizing that coaching involves interacting with others, such as, team members, other coaches, administrators, parents, to name a few.
  • To create positive relationships with those who you interact
  • Be receptive to work with others to build positive relationships.
  • Provide a culture for positive team development.
  • Develop trust with players and between players

• Professionalism and personal management. To uphold a professional approach of your actions and behaviours, both as a person and coach.
  • Development and acceptance of ethics, standards, and expectations
  • To create a positive learning and training environment of respect
  • To be receptive to positive and critical feedback
  • To manage one’s individual control and interactions with others
Guidelines for the Coaching Practicum

Every sport is unique in the qualities it possesses and there are no criteria that can transcend all sports. In order to provide some comparable value to the practicum experienced by all coaching candidates, there needs to be some standards that must be achieved. To this end, the following is recommended:

Practicum length
Normally, a practicum will be two seasons (2 years) with a sport team. Many sports have within a calendar year an “in-season” and “off-season.” The benefit of coaching for two years provides the student a more meaningful experience, which will include some continuity and/or changes from year 1 to year 2. Students should recognize that coaching involves considerable time which often cannot be quantified and determined in advance. It is therefore, important to communicate with one’s coaching mentor to determine one’s roles, responsibilities, and expectations.

Mentor Responsibilities
The students are to be provided with the opportunity to work side by side with a mentor coach, to learn the specifics and the subtleties of the chosen sport. To ensure that this is a worthwhile experience, the mentor coach should be prepared to discuss, assign, and provide responsibilities for some of the following:

- Team philosophy and vision and general coaching style/approach
- Specific sport techniques (individual and team)
- Team strategy and tactics
- Teaching methodology and techniques
- Administrative duties (practice, game, travel, budget, facilities, equipment, uniforms, support staff, etc.)
- Physiological aspects of training and competition (pre-season, in-season, post-season, off-season)
- Strength/power training and stretching/flexibility programs
- Nutritional needs and recommendations
- Psychological training and support (individual and team) including motivation, coping, and feedback
- Dealing with officials, parents, media and general public
- Clinics, camps and charity/volunteer commitments

The mentor coach should be prepared to listen to and accept input from the student in a frank and open dialogue so it becomes a learning experience for both parties. The mentor coach should also be prepared to provide continuous evaluation and suggestions for improvement or points of emphasis so the student gets a feel for where he or she stands in their coaching development.

The mentor coach should establish, very early and in writing, exactly what they expect from the student. There should be regular (daily during the season) meetings with the student to outline practice or game plans, what role the student should have at these times and with whom, and to provide feedback on previous day/week operations.

Grading
70% Supervisor Evaluation
15% Log Book entries
15% Final Practicum Report
A pass/fail evaluation will be recorded.

The evaluation of the student practicum will include a Supervisor Evaluation based upon the roles and job description established at the beginning of the practicum experience. The on-going activities of the practicum will be documented through weekly log-book entries. At the conclusion of the practicum, the student will submit a Final Practicum Evaluation Report.

Student responsibilities
The student must be courteous and respectful of the direction provided by the mentor coach. He/she should be receptive to the feedback and suggestions given and attempt to adjust to the scheme and processes of the mentor coach (it is the coaches team and he/she does not want nor should have to change to suit the student).

The student will keep an ongoing coaching Log containing one’s coaching activities. A template for weekly log entries will be submitted to the Coaching Program Co-ordinator.

General
There will be a signed letter of agreement between the mentor coach and the student to ensure that both parties agree on the terms, format, and length of the practicum. The Coaching Program Co-ordinator will also sign this agreement.

Note: It may be recommended that the coaching candidate spend the first part of the practicum getting more fundamental coaching experience outside the intercollegiate athletic program. The Mentor coach will still provide oversight on this experience and will assist in establishing the coaching opportunity within the local community.
Western University
Faculty of Health Sciences, School of Kinesiology
Practicum Coaching
AGREEMENT

This document is a coaching practicum agreement between:

Student Name ___________________________________ Student # ____________________________

And

Coach Supervisor (Mentor Coach) _____________________________________________________
e-mail (or contact info) _____________________________________________________________

Sport __________________________ Description (position, role, etc.)

_________________________________________________________________________________
_________________________________________________________________________________

Anticipated start date: _______________ end date: ________________________________

Anticipated days per week: _________ Approximate hours per week: __________

Anticipated competitions/games in season: regular: ________ play-offs ________

______________________________________  ___________________________
   Student signature                Date

______________________________________  ___________________________
   Coach Supervisor signature       Date

______________________________________  ___________________________
   Coaching Co-ordinator signature   Date
Log Book entry form  
KIN 9612 Coaching Practicum

The student will use this form to submit a weekly one-page log book entry to summarize one’s weekly coaching practicum activities. Entries can be completed typed or hand-written. Photocopy this form for each week. Due: Tuesday after preceding week.

Name: __________________________________________

Sport: __________________________________________ Date: Mo.: ___________ Week of: ___________

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Insert YOUR activities – practice, game, other activities, etc.

Describe and comment on your coaching activities. If there was a game or competition, please comment on your role/duties.
Kinesiology 9612 Coaching Practicum
Final Practicum Report

This Report is to be completed by the student and returned to the course instructor at the end of Coaching Practicum experience.

Note: The student is to be aware that your comments may be shared with your Coach Supervisor. The student may wish to meet with the course instructor to provide verbal feedback to supplement this evaluation. Please contact the course instructor to initiate this option.

Sport Practicum Summary:
- Describe Practicum: Sport, level, number of players directly coaching, days/week, Coach Supervisor, etc.
- What was your position? Describe your specific role, duties and responsibilities

Sport Practicum Comments, Evaluation, and Reflection:
1. Coach Supervisor
   Did your Coach Supervisor provide you with the interest and attention that you expected?
   - Provide positive comments of your Coach Supervisor. Please use examples if possible.
   - Provide constructive criticism and/or suggested recommendations.
   - Provide any other comments

2. Sport Practicum. There are two aspects to comment on the Sport Practicum.
   - Your experience
     - How do you rate your overall experience? Provide comment and examples.
     - How effective were you as a coach? Provide both positive and personal constructive reflection/criticism.
     - Do you feel you further developed as a coach through this practicum? If so, what competencies (coaching outcomes) did you acquire/develop?
   - The Practicum overall provided to you.
     - How do you rate the quality of this practicum?
     - What were the strengths and weaknesses of this practicum?
     - Would you recommend this practicum to others? Explain.
# Kinesiology 9612 Coaching Practicum
## Coach Supervisor Evaluation Form

**Student’s Name:** ________________________________

Your ratings and comments are important and will be used to evaluate the student in the Kinesiology 9612y Coaching Practicum course. Please contact Ray Takahashi (Course Coordinator) if you have any questions about this evaluation (661-2111 ext. 85078 or e-mail tak@uwo.ca).

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<td></td>
<td>Outstanding</td>
<td>Very good</td>
<td>Good</td>
<td>Satisfactory</td>
<td>Borderline</td>
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The student-coach has successfully engaged and fulfilled the duties of the coaching practicum:  
Yes: ____  No: _____

1. **Commitment:** Did this individual make a true commitment to this position (time, enthusiasm, attendance, reliability)?

2. **Concern:** Did this individual have a genuine concern for the athletes as an individual (personal, academic, athletic)?

3. **Technical Knowledge:** Did this individual have sound technical knowledge of the sport (analyze skills, design drills, tactics, etc.)?

4. **Motivation:** Did this individual have the ability to motivate each athlete towards developing his/her full potential?

5. **Practice Duties:** Did this individual conduct practices in an effective manner?

6. **Game Duties:** Did this individual fulfill the terms of his/her agreement in a game setting?

7. **Organization/Administration:** Did this individual fulfill the administrative and organizational duties related to the team?

8. **Role Model:** Was this individual a positive role model for his/her athletes?

9. **Improvement:** Did this individual improve the players as athletes? Consider development – technically, socially, and psychologically.

10. **Overall:** Overall, and all things considered, how would you rate this individual as a coach?
Comments: Your written comments are appreciated and will be useful in the student’s evaluation. Please provide both, positive feedback and constructive criticism (use back if necessary or append comments).

Overview of Coaching Placement

Sport, Team/Club/School: ________________________________________________________________

Position: Head Coach, Assistant Coach, Other

Season: Start date __________ End date __________ No. of weeks __________

Number of Competitions attended ___________________ (estimated hours per competition) ____________

Average # of coaching contact hours per week (e.g., 4 practices x 1.5 hrs = 6 hrs/wk) __________________________

Approximate Total Hours of coaching ____________________

Other comments or useful information: ________________________________________________________________
______________________________________________________________________________________________

Supervisor’s Name: ____________________________

Signature: ____________________________ Date: ________________

E-mail: __________________________________ Phone: _______________________

Thank you for your time in completing this evaluation and making it possible for this student to complete this coaching placement.

Please ensure this evaluation is returned to Ray Takahashi E-mail <tak@uwo.ca>
Thames Hall, U.W.O., London, ON, N6A 3K7