COACHES FEEDBACK

1. List three things you learned about yourself as a coach last season.

2. List three things you learned last year to make yourself a better coach.

3. What did you enjoy last year as a coach?

4. List three things you learned last season about the mental aspects of your sport.

5. What mental skills did you use last season to stay focused, think clearly, and control your emotions in the heat of the battle?

6. List three things you need to focus your attention on this year to improve as a coach (technical, strategic, psychological).

7. When you retire from coaching, what do you want people to say about you as a coach?