



Development Coach Self-Evaluation

The following self-evaluation is meant to help coaches assess their readiness to complete the Development Coach evaluation process. It may help coaches identify gaps they still need to address before completing a successful evaluation. Coaches who have a good understanding of the certification standards have a much more meaningful experience during the evaluation process.

Please read the following statements and indicate if they are true for you or not. Be honest with yourself. Your honest first thought is usually the most accurate:

Coach Name:

NCCP #:

Criteria	Yes	No
I have a copy of Volleyball Canada's LTD 3.0 and Matrix documents.		
I am familiar with the 3 pillars of the Volleyball Canada Development Matrix and the recommendations for my athletes' development stage (Train to Train).		
I identify a goal for the session and for each activity.		
I address the Athlete Pillar of the VC Development Matrix by including speed work at the end of my warm-up.		
I can identify strategies to address the development of my athletes in the Person pillar within my practices.		
I can identify level-appropriate activities for the main segments of the training session that allow the players to achieve the drill objective.		
I design activities that promote cue reading and decision making in a way that is consistent with the players' experience.		
I always consider the cycle of actions when planning a drill.		
I know what observational practice is and I use it when planning my drills.		

Criteria	Yes	No
I can describe the characteristics of a Method 1 drill.		
I can describe the characteristics of a Simulated Play drill.		
When I plan a practice, I make sure that the drill objective, the key teaching points and the execution criteria all align.		
I emphasize the cue reading and decision-making aspects of performance during the activities.		
I use questions to guide athletes to solutions or intended improvement.		
My feedback is clear, concise and relevant to the most important performance factors.		
I have the time to commit to the evaluation process and submit all required items to my evaluator within a reasonable timeframe.		
I have access to a group of 14U to 16U athletes for the in-person portion of the evaluation.		
I understand that failure to complete my evaluation within the 3-month allocated time frame means I will have to register for the evaluation again in the future.		

Coach signature:

Date: