



# PERFORMANCE COACH, BEACH CONTEXT

SUPPORT THE COMPETITIVE EXPERIENCE  
COACH TEMPLATES AND EVALUATION GRIDS

(Version 0.2 – JANUARY 18, 2017)



**Performance Coach  
Competition Analysis & Game Plan Development**

A) Shot chart of my opponent. Set 1

Side out

An empty rectangular box divided into two horizontal sections by a single line, intended for recording shot data for the 'Side out' category.

Break (broken play)

An empty rectangular box divided into two horizontal sections by a single line, intended for recording shot data for the 'Break (broken play)' category.

2<sup>nd</sup> Ball

An empty rectangular box divided into two horizontal sections by a single line, intended for recording shot data for the '2<sup>nd</sup> Ball' category.

B) Shot chart of my team. Set 1

Side out

An empty rectangular box divided into two horizontal sections by a single line, intended for recording shot data for the 'Side out' category.

Break (broken play)

An empty rectangular box divided into two horizontal sections by a single line, intended for recording shot data for the 'Break (broken play)' category.

2<sup>nd</sup> Ball

An empty rectangular box divided into two horizontal sections by a single line, intended for recording shot data for the '2<sup>nd</sup> Ball' category.

**Performance Coach  
Competition Analysis & Game Plan Development**

C) Shot chart of my opponent. Set 2

Side out

An empty rectangular box divided into two horizontal sections by a single line. The top section is larger than the bottom section. This box is intended for recording shot data for the 'Side out' category.

Break (broken play)

An empty rectangular box divided into two horizontal sections by a single line. The top section is larger than the bottom section. This box is intended for recording shot data for the 'Break (broken play)' category.

2<sup>nd</sup> Ball

An empty rectangular box divided into two horizontal sections by a single line. The top section is larger than the bottom section. This box is intended for recording shot data for the '2<sup>nd</sup> Ball' category.

D) Shot chart of my team. Set 2

Side out

An empty rectangular box divided into two horizontal sections by a single line. The top section is larger than the bottom section. This box is intended for recording shot data for the 'Side out' category.

Break (broken play)

An empty rectangular box divided into two horizontal sections by a single line. The top section is larger than the bottom section. This box is intended for recording shot data for the 'Break (broken play)' category.

2<sup>nd</sup> Ball

An empty rectangular box divided into two horizontal sections by a single line. The top section is larger than the bottom section. This box is intended for recording shot data for the '2<sup>nd</sup> Ball' category.

**Performance Coach  
Competition Analysis & Game Plan Development**

E) Shot chart of my opponent. Set 3

Side out

An empty rectangular box divided into two horizontal sections by a single line, intended for recording data for the 'Side out' category.

Break (broken play)

An empty rectangular box divided into two horizontal sections by a single line, intended for recording data for the 'Break (broken play)' category.

2<sup>nd</sup> Ball

An empty rectangular box divided into two horizontal sections by a single line, intended for recording data for the '2<sup>nd</sup> Ball' category.

F) Shot chart of my team. Set 3

Side out

An empty rectangular box divided into two horizontal sections by a single line, intended for recording data for the 'Side out' category.

Break (broken play)

An empty rectangular box divided into two horizontal sections by a single line, intended for recording data for the 'Break (broken play)' category.

2<sup>nd</sup> Ball

An empty rectangular box divided into two horizontal sections by a single line, intended for recording data for the '2<sup>nd</sup> Ball' category.

Extra Sheet for Side Out after a Position Switch

G) Shot chart of my opponent by set.

1

An empty rectangular box divided into two horizontal sections by a single line, intended for recording shot data for the first set of an opponent.

2

An empty rectangular box divided into two horizontal sections by a single line, intended for recording shot data for the second set of an opponent.

3

An empty rectangular box divided into two horizontal sections by a single line, intended for recording shot data for the third set of an opponent.

H) Shot chart of my team by set.

1

An empty rectangular box divided into two horizontal sections by a single line, intended for recording shot data for the first set of one's own team.

2

An empty rectangular box divided into two horizontal sections by a single line, intended for recording shot data for the second set of one's own team.

3

An empty rectangular box divided into two horizontal sections by a single line, intended for recording shot data for the third set of one's own team.



## Summary of Analysis

Their Team Strengths:

\* Consider weather/wind conditions and team communication. Who is the leader on the team?

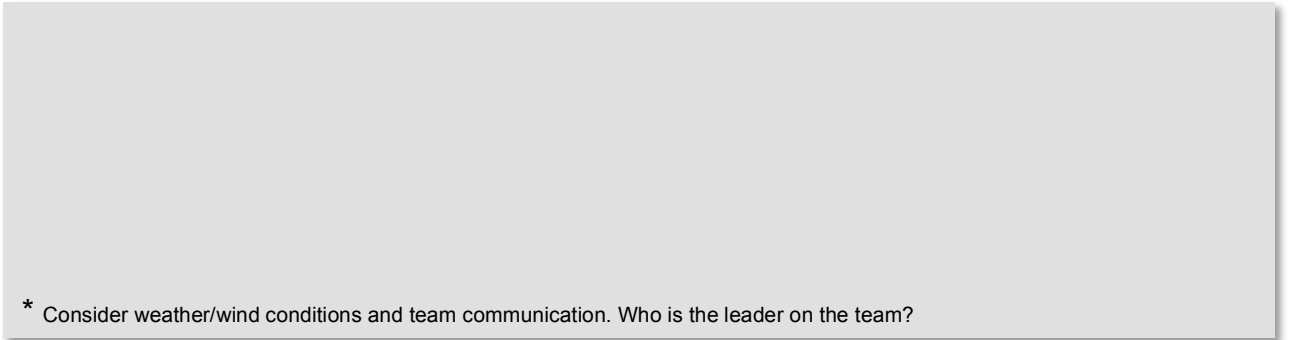
Their Team Weaknesses:

Their Athlete A Strengths:

Their Athletes B Weaknesses:

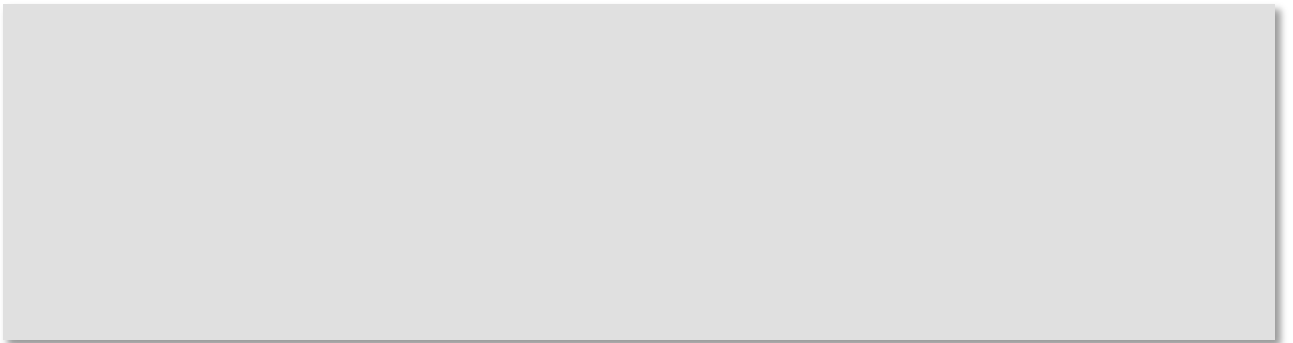
## Summary of Analysis

My Team Strengths:

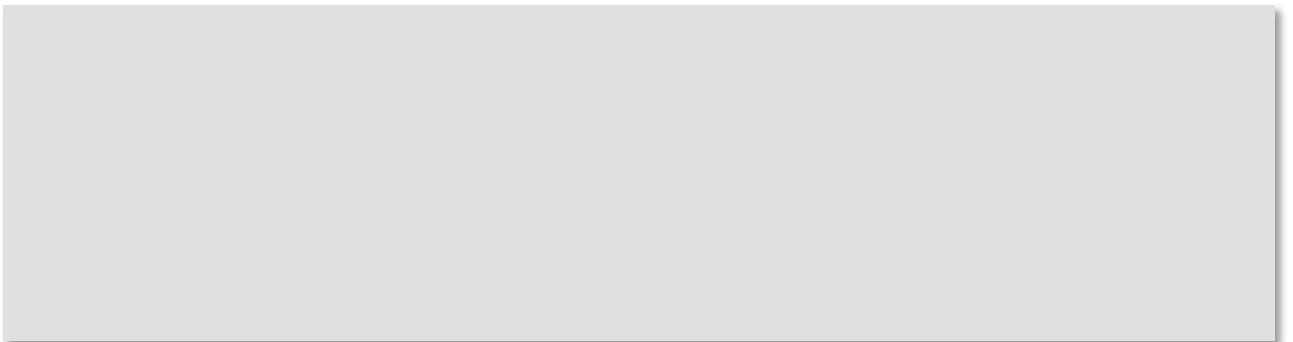


\* Consider weather/wind conditions and team communication. Who is the leader on the team?

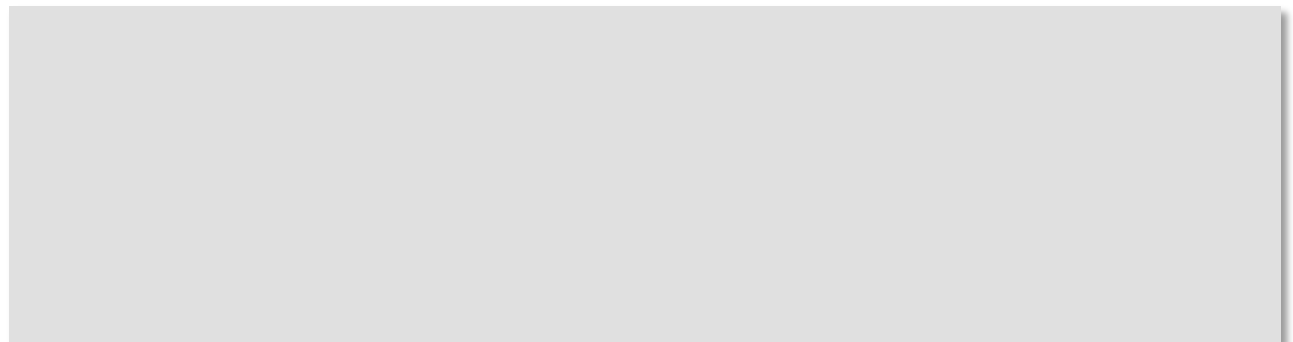
My Team Weaknesses:



My Athlete A Strengths:



My Athlete B Weaknesses:





## Performance Coach Competition Analysis

A) My game plan (serving targets for each rotation, match up options, defensive and offensive strategies)

1


Offensive Strategies:

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2


Offensive Strategies:

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A) My game plan (serving targets for each rotation, match up options, defensive and offensive strategies)

1


Defensive Strategies:

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2


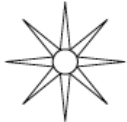

Defensive Strategies:

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Performance Coach  
Evaluator Match Observation Form

Name of coach observed:		NCCP #:	
Date of match:		Location:	
Team observed:		Opponent:	
Match final score:		Set scores:	

headwind  
 tailwind

<p><b>Sun Direction</b> (shade in)</p> 
<p><b>Wind Direction</b> (shade in)</p> 



Tracking Significant Interruptions		My Team			
		Code	Set 1	Set 2	Set 3
T	Time Out		:	:	:
Tech	Technical TO		:	:	:
M	Medical TO		:	:	:
R	Referee's TO		:	:	:
C	Challenge		:	:	:
D	Delay (card, sunglasses, sand)		:	:	:
			:	:	:
			:	:	:
			:	:	:
			:	:	:
		Their Team			
		Code	Set 1	Set 2	Set 3
			:	:	:
			:	:	:
			:	:	:
			:	:	:
			:	:	:
			:	:	:
			:	:	:
			:	:	:
			:	:	:
			:	:	:
			:	:	:



**Weather Conditions**


Temp: \_\_\_\_\_ °

Wind: \_\_\_\_\_ km/h

**Sky Conditions**

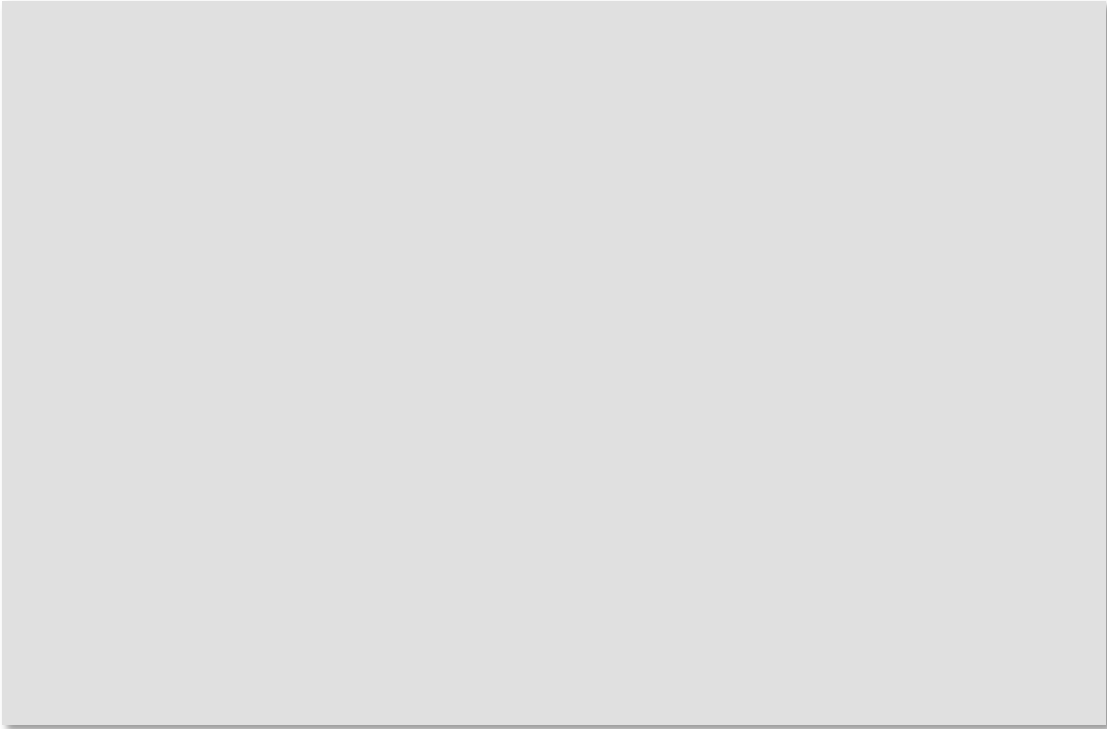
    



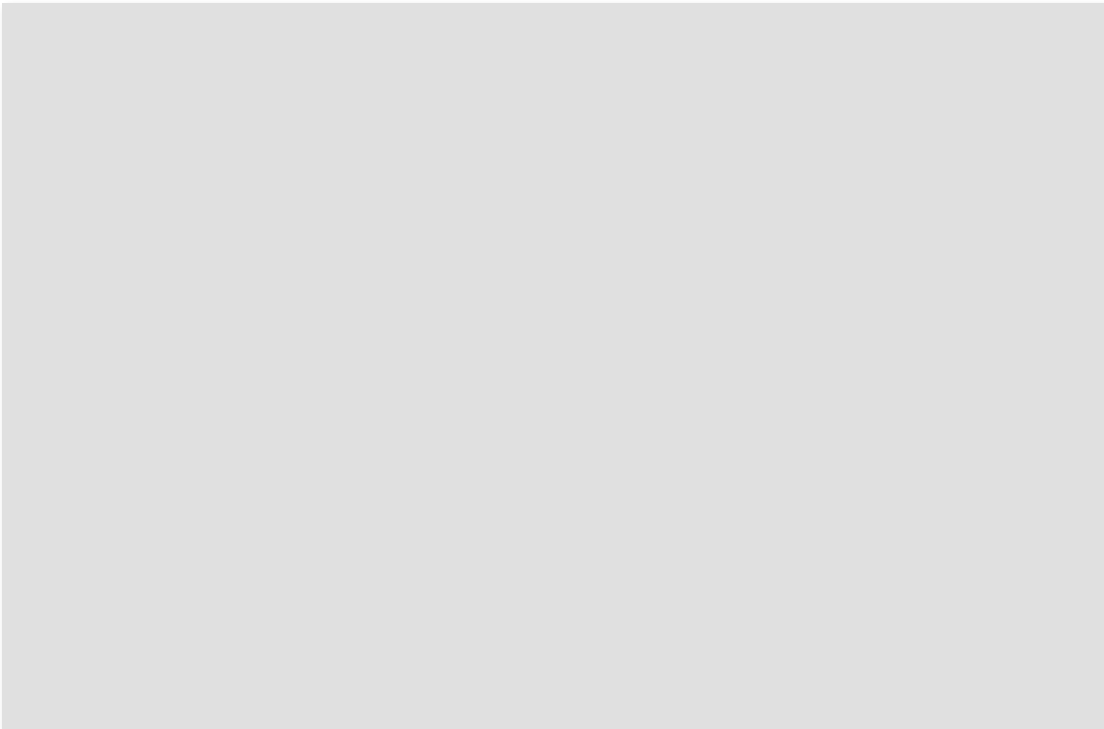
Notes on match ups:

## **Notes on Coaching Behaviours**

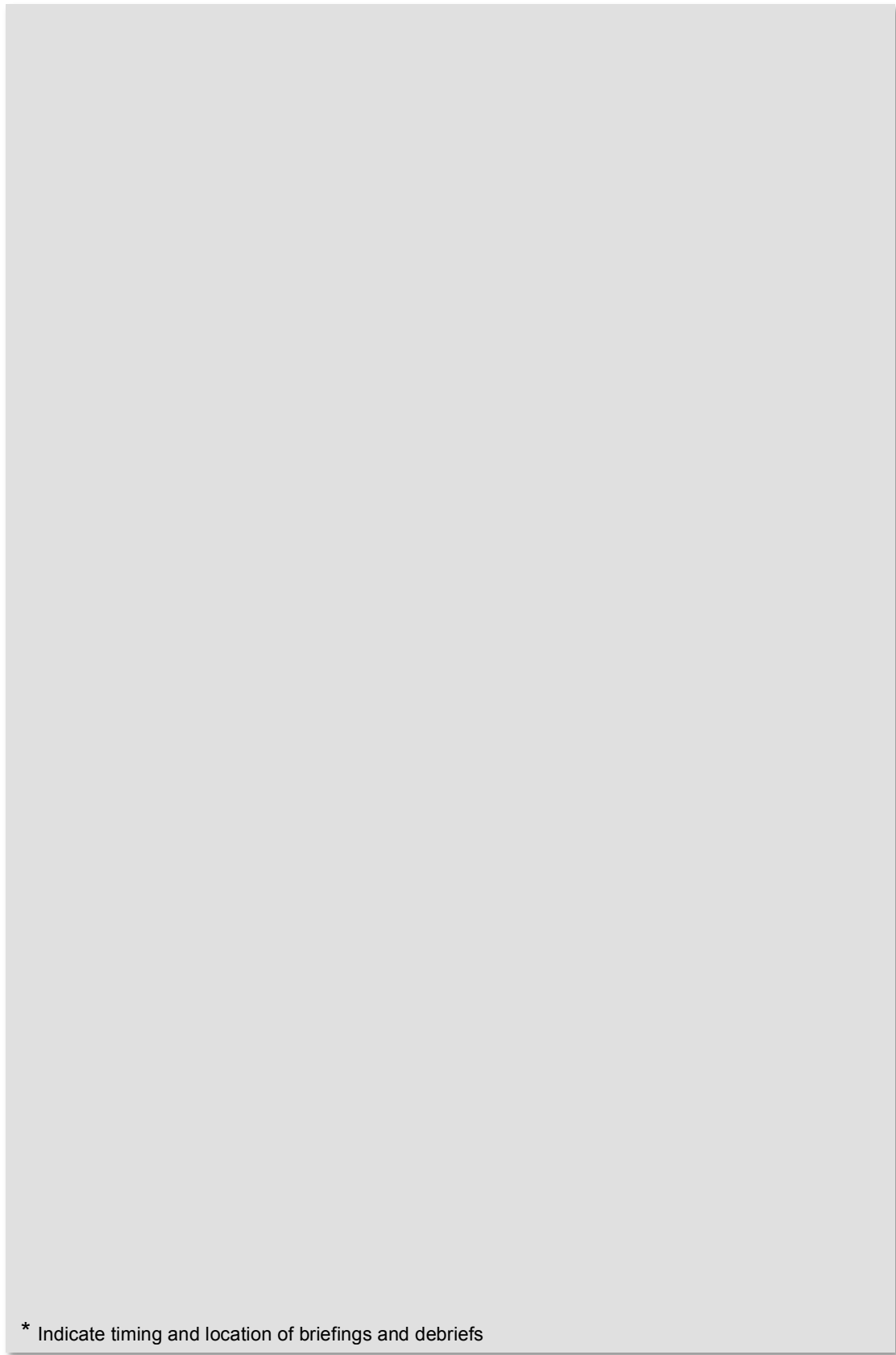
A) Warm Up (warm up court/competition court)



B) Competition (during the match)



## Notes on Coaching Interventions

A large, empty gray rectangular area intended for notes on coaching interventions. It occupies most of the page below the title and above the footer.

\* Indicate timing and location of briefings and debriefs

## Game Plan Evaluation and Assessment

		Assessment	
		Yes	No
1	The strengths and weaknesses of coaches team is complete		
2	The strengths and weaknesses of their team is complete		
3	The strengths and weaknesses of coaches athletes is complete		
4	The strengths and weaknesses of their team is complete		
5	The statistical analysis is complete		
6	The shot chart is complete for coaches team		
7	The shot chart is complete for opponent team		
8	Favourable match-ups were created (side choice, block, side switch, ...)		
9	Serving strategy was implemented		
10	Defensive strategy was implemented		
11	Offensive strategy was implemented		
12	The offensive strategy was effective		
13	The defensive strategy was effective		
14	Interventions were made when necessary to support learning		
15	Alternate game plans were introduced		
16	Adjustments were made to the game plan during the match when necessary and they were effective		
17	Time outs, medical time outs, challenge calls etc. were made at appropriate times		
18	Interventions during briefings, warm ups and debriefs were effective and clear.		
19	Behaviours during warm up and the match were conducive to the team's current and future performance.		

### NOTES

# Intervention and Feedback Evaluation

Use this form to assess the coach's feedback. This form can be used for most types of activities.

## Type of feedback used most frequently.

Type	Definition	Examples
<b>Evaluative</b>	The coach assesses the quality of the performance; he or she makes some kind of assessment or judgement	<input type="checkbox"/> That's fine! <input type="checkbox"/> Good job! <input type="checkbox"/> No, not like that! <input type="checkbox"/> Not good enough!
<b>Prescriptive</b>	The coach tells the athlete how to execute the skill next time	<input type="checkbox"/> Throw it higher! (general) <input type="checkbox"/> Get your arm higher! (specific)
<b>Descriptive</b>	The coach describes to the athlete what he or she has just done	<input type="checkbox"/> The build-up was too slow (general) <input type="checkbox"/> Your legs were really extended (specific)

## Feedback checklist

### Was the coach's feedback:

- Preceded by questions, for example: "In which playing position were you?", "How can you execute better?", "What did you base your decision on?"
- Specific, not general, for example: "You did \_\_\_\_\_ perfectly!" instead of "That's fine!"?
- Positive and constructive, not negative and humiliating?
- Directly linked to the skill or behaviour to be improved?
- Informative and relevant to the most important performance factors?
- Balanced? Did it contain information on what the athlete did well and on what still needs improvement? E.g. "Your \_\_\_\_\_ (movement) is better than last time. The next thing to do would be to \_\_\_\_\_ (add another level of complexity to the movement, or a particular piece to refine)".
- Clear, precise, and easy to understand? E.g. did I use simple words?

**Comments:** \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_