

SEASON EVALUATION FORM

Note: Fill this out at season's end. Rate yourself honestly and use this form to note your areas of coaching excellence and areas for improvement for next season.

There are 14 main areas to consider. Respond to each statement made, scoring yourself between 1 and 5, based on this scale:

1 = very poor

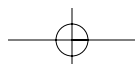
2 = poor

3 = average

4 = good

5 = very good

Note that similar statements will appear in more than one area; this is because the issue affects multiple areas.



1. Did Your Players Have Fun?

Statement	Rating: 1–5
The practice and playing environments were positive and enjoyable.	
I effectively organized practices.	
My players learned the skills they needed to be competitive.	
My players experienced individual successes in practices and games.	
I doled out playing time appropriately.	
I reinforced players’ competence and helped them see positive aspects of their performance.	
I didn’t overemphasize winning.	
Overall, I would say my players had fun playing baseball this season.	

2. Did Your Players Learn New Skills and Improve on Previously Learned Skills?

Statement	Rating: 1–5
My ability to teach skills enabled my players to learn what they needed to learn.	
I pushed player development of skills at an appropriate rate, neither too fast nor too slow.	
I helped all my players improve and didn’t just focus on a certain set of players.	
I adjusted my teaching plan as necessary, according to the skill levels of my players.	
I planned and conducted practices effectively.	
I encouraged and supported my players as they continued their growth.	
Overall, I would say my players learned new skills and improved on any previously learned skills they came in with.	

3. Did You Help Your Players Understand the Game and Its Rules?

Statement

Rating: 1–5

I presented game-like situations for players in practice so they could gain a better understanding of how to respond to similar situations in games.

I taught my players the appropriate rules and strategies of the game.

My players showed, through their play, that they understood the basic rules and strategies.

Overall, I would say I helped my players understand the rules and strategies of baseball.

4. Did You Communicate Appropriately and Effectively?

Statement

Rating: 1–5

I let parents know my coaching philosophy before the season began.

I let players and parents know what they could expect from me and what I expected from them.

I communicated clearly with players, parents, umpires, other coaches, and league administrators.

I kept parents informed and maintained a healthy flow of communication with them throughout the season.

My players understood my skill instruction.

My communications with my players were positive and authoritative.

I was well-prepared for delivering the technical instruction my players needed.

My players were prepared to respond appropriately in various game situations because I had prepared them for what they would encounter.

My players paid attention to me when I spoke.

My body language was in synch with my verbal messages.

I was a good listener and focused on reading my players' body language and hearing and responding to their comments and questions.

Overall, I would say I communicated appropriately and effectively with everyone involved.

5. Did You Provide for Your Players’ Safety?

Statement	Rating: 1–5
I was trained in CPR and first aid.	
I warned my players and their parents of the inherent risks of baseball.	
I had a well-stocked first aid kit on hand at practices and games and was prepared to use it.	
I knew of any allergies or other medical conditions of my players and how to respond regarding those conditions.	
I checked the practice and game fields for safety hazards and eliminated those hazards, if possible, before playing on the fields.	
I enforced rules regarding equipment use and player behavior that enhanced player safety.	
I provided proper supervision throughout each practice.	
I offered proper skill instruction so that players were prepared to play the positions I put them in.	
I took water breaks as appropriate during practice.	
I monitored my pitchers and allowed them a maximum of 75 pitches per game.	
Overall, I would say I adequately provided for my players’ safety.	

6. Did You Plan and Conduct Effective Practices?

Statement	Rating: 1–5
Players paid attention to me because I had a purpose to what I was doing.	
There was no down time in practice while I was trying to figure out what to do next.	
Players were active and engaged at multiple stations that I ran simultaneously; they weren’t standing around waiting for a turn.	
I used games and drills that were designed to teach a specific skill or tactic that I wanted my players to work on that day.	
My players learned new skills and refined ones they already had.	
My players had fun in practice.	
I had fun, too.	
Overall, I would say I adequately planned and conducted effective practices.	

7. Did Your Players Give Maximum Effort in Practices and Games?

Statement	Rating: 1–5
I didn't yell at players for errors and for their general quality of play.	
I didn't compare one player to another.	
I didn't create long lines in which players had to wait their turn.	
I taught players the skills they needed to know.	
I gave players specific technique goals to work toward.	
I provided specific, positive feedback.	
I encouraged my players, especially when they got down, and praised correct technique and effort.	
I genuinely cared for my players and let them know I cared about them and their achievements.	
I helped kids take home the positives of the practice or game.	
I praised hustle, desire, and teamwork shown in practices and games.	
I ran efficient, purposeful practices in which players were active and engaged the whole time.	
I valued each child for his or her own abilities and personality.	
I didn't play favorites with my players.	
I listened to my players.	
Overall, I would say my players gave maximum effort in practices and games.	

8. Did Your Players Leave the Games on the Field?

Statement	Rating: 1–5
I coached my players to keep the game in perspective—to give it their all but to let it go if they lost, and to not get a big head if they won.	
My players were not too high after a victory. They came back prepared to practice and play.	
My players were not too low after a loss. They came back prepared to practice and play.	
I talked appropriately with any of my players who were either too high or too low after a game, helping them to leave the game on the field.	
I talked appropriately with any of my players who had difficulty mastering his emotions on the field or immediately after a game. I steered the player toward mastering his emotions.	
I helped my players focus on the next game, regardless of the outcome.	
Overall, I would say my players left the games on the field.	

9. Did You Leave the Games on the Field?

Statement	Rating: 1–5
I didn't make too much out of a victory. I came back prepared to coach.	
I didn't get too low after a loss. I came back prepared to coach.	
I kept control of my emotions, win or lose.	
Overall, I would say I left the games on the field.	

10. Did You Conduct Yourself Appropriately?

Statement	Rating: 1–5
I communicated in positive ways with opposing coaches and players and with umpires.	
I coached within the rules and had my players play within them.	
I maintained control of my emotions in practices and games while providing the coaching and support my players needed.	
I kept the games in perspective and helped my players do the same.	
If I ever lost my cool, I admitted my mistake and apologized for it.	
I was an appropriate role model for my players.	
Overall, I would say I conducted myself appropriately as a coach.	

11. Did You Communicate Effectively with Parents and Involve Them in Positive Ways?

Statement

Rating: 1–5

I had few or no misunderstandings with parents regarding my coaching philosophy.

I delegated responsibilities, sharing the workload with many parents and making my program stronger in the process.

I wasn't as stressed as I might have been, had I not involved parents.

I appropriately addressed the few misunderstandings or concerns parents had.

Overall, I would say I communicated effectively with parents and involved them in positive ways.

12. Did You Coach Appropriately During Games?

Statement

Rating: 1–5

I kept my strategy simple and based it on my players' strengths and abilities.

I helped my players get mentally prepared for a game by focusing them on the fundamentals they needed to execute and on the game plan.

I provided tactical direction and guidance throughout the game.

I was encouraging and supportive.

I gave technique tips and reminders and let the kids play, saving the error correction for the next practice.

I tended to the kids' needs during the game—emotional and psychological as well as mental and physical.

I helped players keep the game in proper perspective.

I used a positive coaching approach.

I effectively rotated players in and out.

My players conducted themselves well during and after the game, including the post-game handshake.

I held a brief post-game meeting, giving the kids some positives to take home, regardless of the outcome of the game.

Overall, I would say I coached appropriately during games.

13. Did You Win with Class and Lose with Dignity?

Statement	Rating: 1–5
I and my players shook hands with the other team, offering them congratulations.	
I thanked the umpires for volunteering their time.	
My team celebrated victories fully and in a way that showed respect for the other team.	
My players didn’t hang their heads after a loss, no matter how hard the loss was.	
I helped the players regroup and take home positives from games we lost.	
Overall, I would say we won with class and lost with dignity.	

14. Did You Make the Experience Positive, Meaningful, and Fun for Your Players?

Statement	Rating: 1–5
My players still had the same zest and enthusiasm at the end of the season that they did at the beginning.	
My players seemed to want to come back for another season.	
My players learned the skills, tactics, and rules of the game.	
My players learned about themselves, learned what it means to be a member of a team, and grew up a bit.	
Overall, I would say the experience for my players was positive, meaningful, and fun.	