



AYSO U12-U19 Practice Evaluation Form

Definitions of scores for evaluation:

1= Fails to meet minimum standards; 2= Sometimes meets minimum standards or not observed; 3= Meets minimum standards; 4= Exceeds minimum standards; 5= this coach is a star.

Observation	1	2	3	4	5	Comments
Pre-Practice						
1. Was coach on time						
2. Was location appropriate						
3. Was coach prepared						
a. Training aids (equipment)						
b. Proper dress						
c. Lesson plan						
4. Was there a safety inspection of the site conducted						
5. Were players on time						
6. Was there a good ratio of adults to children (8 to 1)						
Practice						
7. Was the warm-up adequate						
8. Did the coach give a practice overview						
9. Was practice Organized						
10. Did the coach adapt to the conditions						
11. Was the coach positive/encouraging						
12. Did the coach demonstrate creativity						
13. Were the activities and skills used demonstrated effectively						
14. Did the coach circulate and correct errors						
15. Did the coach communicate individual instructions						
16. Did the practice create match-type situations						
17. Were the players engaged						
18. Were training aids used properly						
19. Did the coach encourage feedback						
20. Were player's question answered adequately						
21. Did the session end on time						
22. Was training age appropriate						
23. Were there adequate water brakes						
24. Was training safe						
25. Was the material delivered at the appropriate level						
Post Practice						
26. Were the Principles and Objectives of Play developed during the practice (at the appropriate level)						
27. Did practice include:						
Conditioning						
Technical development						
Tactical Development						
Psychological development						
28. Was there a cool-down.						
29. Did the players have FUN						
30. Did the players learn and develop as players						
31. Was the AYSO National Coaching Program followed						
32. How many children attended practice						
33. Was there any child left unattended						
34. Did the practice enrich the children's lives						

