

Principles of Coaching Practicum Form

Section A: General Information

Athlete Name: _____ Program: _____
Address: _____ City: _____
Zip: _____ Phone: _____
email: _____

Mentor Name: _____ Program: _____
Address: _____ City: _____
Zip: _____ Phone: _____
email: _____

Section B: ALU Practicum Information

Date of Class: _____ Instructor(s): _____ Due Date: _____

Practicum Goals Completed:

- Complete the Coaching Assets Self-Evaluation.
- Ask someone to fill out the Coaching Assets Self-Evaluation about you.
- On a separate sheet of paper, answer the questions below the Coaching Assets Self-Evaluation.
- Interview 3 other coaches, asking them the questions outlined. Detail their answers on a separate sheet of paper.
- Complete the Personal Reasons for Coaching.

Describe what you learned about leadership during this practicum:

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Section C: Mentor Observation

Please have your mentor or county coordinator provide a brief summary about the work you did for your practicum.

Section D: Approval

Must be signed below:

_____	_____	_____	_____
Signature of ALU Athlete	Date	Signature of Mentor	Date
_____	_____	_____	_____
Signature of ALU County Coordinator	Date	Signature of ALU Coordinator	Date

Please submit completed application to:

1. ALU@soindiana.org

OR

2. Special Olympics Indiana
6200 Technology Center Drive, Suite 105
Indianapolis, IN 46278

or

fax (317) 328-2018

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COACHING ASSETS SELF EVALUATION

There are many factors that may define your philosophy. There are layers of people who are directly or indirectly involved and may have a different sport philosophy. Your success as a coach will depend more on your coaching philosophy than on any other factor.

Coaching Assets	Low	Average	High	Areas of Improvement
Knowledge of Your Sport	1	2	3	<input type="checkbox"/>
Well Organized	1	2	3	<input type="checkbox"/>
Honest	1	2	3	<input type="checkbox"/>
Professional Appearance	1	2	3	<input type="checkbox"/>
Qualified	1	2	3	<input type="checkbox"/>
Enthusiastic	1	2	3	<input type="checkbox"/>
Hard Worker	1	2	3	<input type="checkbox"/>
Punctual	1	2	3	<input type="checkbox"/>
Consistent	1	2	3	<input type="checkbox"/>
Understanding	1	2	3	<input type="checkbox"/>
Good Listener	1	2	3	<input type="checkbox"/>
Provides Individual Help	1	2	3	<input type="checkbox"/>
Builds Athletes' Confidence	1	2	3	<input type="checkbox"/>
Motivates	1	2	3	<input type="checkbox"/>
Good Teacher	1	2	3	<input type="checkbox"/>
Encourages	1	2	3	<input type="checkbox"/>
Praises Effort	1	2	3	<input type="checkbox"/>
Respects Athletes	1	2	3	<input type="checkbox"/>
Patient with Athletes	1	2	3	<input type="checkbox"/>
Sense of Humor	1	2	3	<input type="checkbox"/>

Coaches must understand that the Special Olympics philosophy, their own coaching philosophy, and the philosophies of everyone involved play important roles in the success of their programs. Before you begin to coach and as you continue, ask yourself these important questions so that you do not lose sight of why you are a successful coach.

1. What am I trying to achieve for myself?
2. What do I want to achieve with my athletes?
3. What is my coaching style?
4. What is my motivation for coaching?

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COACH INTERVIEW INSTRUCTIONS

- Interview at least 3 other coaches from High School, Special Olympics, youth sports, etc. They can be coaching currently or retired.
- You may interview them in-person or through Zoom.
- Ask each of them these questions (you may ask more questions):
 - How do you define success?
 - What is your philosophy of winning?
 - What is the most important part of being a coach?
- After each interview, reflect on these questions:
 - What is one thing you learned from this coach you interviewed?
 - What leadership skills did the coach have or talk about?
- Go back the self-assessment, did anything change? What do you still want to work on as a coach?

Personal Reasons for Coaching

Use this tool after you interview the 3 coaches. Think of yourself. Think of the 3 coaches. Think of coaches in general. Then respond to “How important is it to . . .?”

Reasons for Coaching	Not Important	Somewhat Important	Very Important
To be involved in sport I like	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To have power	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To be in charge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To be with people I like	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To give something back to sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To gain public recognition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To enjoy myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To demonstrate my knowledge and skill in sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To travel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To help athletes develop physically	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To help athletes develop psychologically	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To help athletes develop socially	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(ASEP, *Successful Coaching, Updated 2nd Edition 1990*)