

## Follow-up Coaching Visit no.1

<b>Observer:</b>	<b>Trainer:</b>
<b>Project:</b>	<b>Last workshop in which participated (date and location):</b>
<b>Place:</b>	<b>Date and time:</b>
<b>Number of participants: F__ M__</b> <b>The leader is: Trainer__ Professor__ Other__</b>	<b>Ages (can choose more than one option: less than 9__ 9-12 years old__ 13-16__ 16 or more__</b>

### PART 1: Observation

Evaluation: 3 = very good; 2 = good; 1 = needs to get better

(1) TRAINING STRUCTURE	Evaluation	Comments (Justification of the evaluation)
<b>Preparation</b>	<b>Evaluation</b>	<b>Comments (Justification of the evaluation)</b>
Draft of plan, variations, explanation.	3 ( ) 2 ( ) 1 ( )	
Preparation of the exercises.	3 ( ) 2 ( ) 1 ( )	
Preparation of sports structures and material to be used.	3 ( ) 2 ( ) 1 ( )	
<b>Training session</b>	<b>Evaluation</b>	<b>Comments (Justification of the evaluation)</b>
How was the Welcoming (Introduction)?	3 ( ) 2 ( ) 1 ( )	
How was the sensitization (Max 15 min)?	3 ( ) 2 ( ) 1 ( )	
How was the Warm-up (Max 10 min)?	3 ( ) 2 ( ) 1 ( )	
How was the Main Part (2 exercises)?	3 ( ) 2 ( ) 1 ( )	
How was the Conclusion (First and second game time)?	3 ( ) 2 ( ) 1 ( )	
How was the Closure (Stretching, Min 5 min)?	3 ( ) 2 ( ) 1 ( )	
How was the Reflection (Max 15 min)?	3 ( ) 2 ( ) 1 ( )	
<b>(2) TRAINER ROLE</b>	<b>Evaluation</b>	<b>Comments (Justification of the evaluation)</b>
Punctuality. The coach arrives in time for the adjustment, prior to the arrival of the participants?	3 ( ) 2 ( ) 1 ( )	
Explanations (short and simple).	3 ( ) 2 ( ) 1 ( )	
Demonstrations (are they illustrative enough?).	3 ( ) 2 ( ) 1 ( )	
Correction - Motivation (does it project dynamism?).	3 ( ) 2 ( ) 1 ( )	
Does the coach act as an example to follow and is a positive role model for the participants?	3 ( ) 2 ( ) 1 ( )	

Was the coach able to deal with conflicts, correctly?	3 ( ) 2 ( ) 1 ( )	
Delegate responsibilities in his/her group.	3 ( ) 2 ( ) 1 ( )	
It promotes that the participants are active and participatory in the session.	3 ( ) 2 ( ) 1 ( )	
Ability to solve contingencies	3 ( ) 2 ( ) 1 ( )	
<b>(3) INVOLVEMENT OF 5 PRINCIPIOS</b>	<b>Evaluation</b>	<b>Comments (Justification of the evaluation)</b>
Which principios are addressed during the training session?	<input type="checkbox"/> Discipline <input type="checkbox"/> Empathy <input type="checkbox"/> Trust <input type="checkbox"/> Fair Play/Justice <input type="checkbox"/> Respect/Tolerance	
The principios are explicitly shared with the group during the introduction.	3 ( ) 2 ( ) 1 ( )	
The principio is evidenced and reinforced during all phases of the activity.	3 ( ) 2 ( ) 1 ( )	
The principio is discussed with the participants during reflection.	3 ( ) 2 ( ) 1 ( )	
The coach relates the principio to everyday life (during sensitization and/or reflection).	3 ( ) 2 ( ) 1 ( )	
<b>(4) DEVELOPMENT PHASES (AGE APPROPRIATE TRAINING)</b>	<b>Evaluation</b>	<b>Comments (Justification of the evaluation)</b>
The use of the language of the trainer is according to the age group.	3 ( ) 2 ( ) 1 ( )	
Behavior of the trainer according to age of participants.		
The training was according to the age? → Focus: Social & mental	3 ( ) 2 ( ) 1 ( )	
The training was according to the age? → Focus: Physical & sportive	3 ( ) 2 ( ) 1 ( )	
Was the timing of the activities adequate?	3 ( ) 2 ( ) 1 ( )	

## PART 2: Interview and Feedback

### A: Self-evaluation

- how do you see the following aspects of your training ("Very good, well, need for improvement"):
  - (1) *Organizational structure (Training structure)*
    - *Please describe!*
  - (2) *Personal behavior (role model behaviour)*
    - *Please describe!*
  - (3) *Involvement of social aspects ("5 principios")*
    - *Please name the value(s) you worked with during this training session and describe!*
  - (4) *Benefit ("Phases of development") and fun for kids*
    - *Please describe!*
- Which aspects of coaching make you feel confident? Which aspects of coaching make you feel less confident or even insecure?

- |  |
|--|
| <input type="checkbox"/> Discipline        |
| <input type="checkbox"/> Empathy           |
| <input type="checkbox"/> Trust             |
| <input type="checkbox"/> Fair Play/Justice |
| <input type="checkbox"/> Respect/Tolerance |

### B: Implementation process in general

- In your opinion: **When** did you start implementing aspects of the workshop "Fútbol con principios"?
- What are your experiences **in general** with the implementation of workshop contents (Give examples such as: games, behavior as a coach, reflection on 5 principles, etc.)?
  - o Which aspects of the workshop were **easy** to implement? (What went well?)
  - o Which aspects were **not easy** to implement? Why? (Challenges?)
- **Reflection:** What were the **main important points** you learnt in the overall program and which is the most important for your training? (please name max. 3)
- Describe your training **before** and **after** the workshops, in your opinion what is the **difference/what changed**? Focus:
  - (1) *Training structure*
  - (2) *Trainer role*
  - (3) *Involvement of 5 principios*
  - (4) *Phases of development (age appropriate training)*
- Did you receive any kind of **support** from your organization/school? What kind of support?
- Describe: How did/do the **youth** react? What do you think: Did/do they perceive the training differently?
- With how many groups (or participants) are you working on average per week with the method "Fútbol con principios"? (gender, age)
- Did you talk about the approach and method to **other coaches/teachers**?

### C: Manual

- Do you **use** the manual "Fútbol con principios" for your own training design?
  - o If yes, which parts do you assess as the most helpful ones?
  - o Which parts do you not use at all?
- What would you **change** in order to make the manual more supportive?

### D: Outlook

- Besides material, what else do you **need** to implement the workshop contents properly and regularly in your training? For what or in which areas do you feel you need support?
- Will you **continue** implementing the "Fútbol con principios" method throughout your future training sessions?
- What do you think: Regularly conducting "Fútbol con principios" with participants, how does this **impact** children's and youth's behavior as well as their social environment?
- Any further comments?

### E: Feedback:

What was good/not so good? 1. <i>Training structure</i> 2. <i>Trainer role</i> 3. <i>Involvement of 5 principios</i> 4. <i>Phases of development (age appropriate training)</i>	
What should be improved?	
<b>Agreed aspects</b> with the coach (for the next visit)	