

Sports for Development Pre and Post Assessment

Last Updated: 1/12/2017

Tool Purpose: To measure an increase in knowledge of specific course content relating for SfD and FfD methodologies

Methodology: All training participants to complete the test on the morning of the first session, and then at the end of the Follow Up Workshop or even later. In order to reduce feelings of pressure and stress, the instructor should introduce the test with an explanation that the test is to purely measure an increase in knowledge, and participants will not be penalized for low scores. As good practice, the pre-training testing should be reviewed within the first day to ensure that training can be tailored (if required) to focus on specific areas of weakness. With the same logic, the post-training test results (along with the classroom observations) will help to inform the agenda of the refresher training.

Football for Development Training

Participant Name:		Total Score	
School		(out of 24):	
Age		Date:	
Which subjects do you teach?			
Which grades do you teach PE?			
How many classes do you teach PE?			
Which sports and activities do you teach in PE?			

1. Please list 3-5 skills that an effective sports coach should have:

Points (2):

2. What do you think the difference is between Sport for Development programs and regular sports programs for children and youth?

Points (1):

3. What are three examples of different life skills children and youth can learn by participating in sports programs?

Points (3):

4. How do you think you should structure a successful sports lesson?

Points (3):
Points Total:

5. What are warm up exercises, and how long should they last? Why are they important?

Points (2):

6. What can Coaches do to promote fair play among the children and youth they work with? Please give three examples:

Points (3):

7. Please list two of the benefits of asking questions during a coaching session:

Points (2):

8. Please list three of the key technical skills a good football player must have:

Points (3):

9. What basic equipment / kit is required to keep players safe when playing football?

Points (2):
Points Total:

10. Why is it important to train age appropriate?

Points (2):

11. What other four abilities should a good trainer have besides his technical skills?

Points (2):

12. What behavior patterns show you that a child doesn't feel well?

Points (2):
Points Total:

POINTS TOTAL: