



COACHING MENTORSHIP PROGRAM

NAME:

AGE:

HOME CLUB & COUNTY:

CLUB / COUNTY CURRENTLY TRAINING / MANAGING:

AGE LEVEL OF CURRENT TEAM:

UNDERGRADUATE / MASTER QUALIFICATIONS:

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COACHING / S&C / SPORT QUALIFICATIONS:

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HIGHEST ACCOLADES AS A PLAYER

CLUB / COUNTY NAME	POSITION	SPORT	SILVERWARE	YEAR
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HIGHEST ACCOLADES AS A COACH / S&C / MANAGER

CLUB / COUNTY NAME	POSITION	SPORT	SILVERWARE	YEAR
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OTHER RELEVANT PRACTICAL EXPERIENCE (OTHER SPORTS ETC.):

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NAMES OF BOOKS YOU HAVE READ:

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SELF ASSESSMENT

HOW WOULD YOU RATE YOURSELF ?



COMMUNICATION (VERBAL)					
COMMUNICATION (NON VERBAL)					
LANGUAGE USED TO PLAYERS					
ORGANISED (TRAINING, DRILLS, TIME)					
GIVING FEEDBACK TO PLAYERS					
MAKING TIME TO SPEAK TO PLAYERS ON PERSONAL SIDE					
DECISION MAKING UNDER PRESSURE					

BUCKET TEST



NOTE: SHADE THE BUCKET IN TERMS OF YOUR COACHING STYLE. IT CAN BE MIXTURE OF ALL 5 OR JUST 1.



DEMOCRATIC

Listens to Players views but makes final decisions



SUBMISSIVE

Steps back and let players make all Decisions



ORGANISATIONAL

Good at organising games, timing, training sessions – drills etc.



MOTIVATIONAL

Motivates the team



AUTOCRATIC

Manager makes all decision

STRENGTHS

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WEAKNESSES

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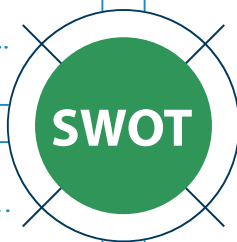
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OPPORTUNITIES

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THREATS

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COMPONENTS OF SPORT

