

## Level 1 S&C Foundation Coach REFLECTION SHEET#1

Sport:	
Trainee Status	
Adaption session aiming for:	
Reference to support how plan is connected to goal	

**Session Detail and Plan (Screen, Monitor(Assessment), Program Design, or Session)**

**YOUR REFLECTION – before viewing your trainees’ feedback**

Three things that went well

Three things would you do differently

**YOUR REFLECTION – After viewing your trainees’ feedback**

2-3 areas the trainee was aligned with your personal reflection

2-3 areas the trainee saw things differently

**TRAINEE REFLECTION SHEET**

How well did the coach explain the goals of the session?

Did the session align with your personal goals?

Would you do the session again?

If Yes Why?  
If No Why?

Three things you felt the coach did well in the session?

Three things the coach could have done to improve the session?

**Own Questions for trainee?**

--