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| North West London Jets Coaching Session Review:The purpose of this form is to enable our assistant coaches to review the weekly training sessions that they help to deliver. These weekly reviews will also help the assistant coaches to monitor and evaluate their contribution to each session, thereby, enabling them to build up a portfolio of their experience for them to work from in the pursuit of the FA Leadership Award. | C:\Users\jonathanbaum\Pictures\NWLJ Badge with gold wording.jpg |
| Name: |  |
| Date: |  |
| Name of Senior Coach: |  |
| Age Group:  | Under |
| Topic covered in the training session: |  |
| Purpose of the training session: |  |
| What were the key points from the training session? 12345 |  |
| What was your role in the training session? |  |
| Describe what you did during the session? |  |
| Which players did you work with during the training session? |  |
| Did the players understand the key points from the session and did their performance improve as a result? |  |
| How could you have improved the training session? |  |
| Using your knowledge and experience, draw or describe your own training session. (This should be on the topic covered in the training session mentioned above) |  |
| List three personal targets of areas to improve on for the next session? For example: Improve the way I communicate instructions to players |  |
| How did you work towards meeting your personal target set last week? |  |
| Points to think about for the future |  |
| Some players are struggling to cope with the session. Describe how you would adapt the session to make it more achievable. (Relate this to the training session you assisted in coaching today) |  |
| Some players find the session too easy. Describe how you would adapt the session to make it more demanding for them. (Relate this to the training session you assisted in coaching today) |  |