



Two-Brain COACHING

Coaching Evaluation Form:

Date:

1. Greets members by name

1 2 3 4 5 6 7 8

Comments:

2. Takes Attendance

1 2 3 4 5 6 7 8

Comments:

3. Follows the class template/ Flow of Class

1 2 3 4 5 6 7 8

Comments:

4. Explains the purpose of the workout/knows the “why”

1 2 3 4 5 6 7 8

Comments:

5. Teaches the skill or strength movement

1 2 3 4 5 6 7 8

Comments:

6. Provides individual attention to each athlete/client

1 2 3 4 5 6 7 8

Comments:

7. Smoothly transitions into conditioning work

1 2 3 4 5 6 7 8

Comments:

8. Motivates the group

1 2 3 4 5 6 7 8

Comments:

9. Corrects movements

1 2 3 4 5 6 7 8

Comments:

10. Scales movements appropriately

1 2 3 4 5 6 7 8

Comments:

11. Replaces movements
appropriately

1 2 3 4 5 6 7 8

Comments:

12. Campfiring / Cooldown

1 2 3 4 5 6 7 8

Comments:

12. Reminds clients to Record Scores

1 2 3 4 5 6 7 8

Comments:

13. Professionalism

1 2 3 4 5 6 7 8

Comments:

14. Cheerfulness

1 2 3 4 5 6 7 8

Comments:

15. Authority

Comments:

16. Personality (Fun)

Comments:

17. Knowledge
