

# HEAD COACH EVALUATION FORM FOR ASSISTANT COACHES

**Coach Name** \_\_\_\_\_  
**Assistant Coach Name** \_\_\_\_\_  
**Date:** \_\_\_\_\_



**ONLINE WRESTLING TRAINING 24/7**  
[www.worldwrestlingresource.com](http://www.worldwrestlingresource.com)

For each question, put a check in the box that best expresses your thoughts. The ratings are as follows:  
**1** = Excellent **2** = Good **3** = Average **4** = Below Average **5** = Needs Improvement

---

## PRACTICES

At practices, the coach . . .

- Was on time
- Was organized; Used time wisely
- Was patient, displayed self-control and poise
- Treated athletes fairly
- Follows input from Head Coach & Incorporated ideas & philosophies into practice
- Uses humor appropriately
- Provides constructive criticism to athletes and feedback; Uses positive methods to motivate
- Defers all absences and Team/Individual discipline appropriately to head Coach and communicates with Head Coach
- Deals appropriately with injured athletes; Respected decisions of Sports Medicine Staff
- Provided clear explanations/demonstrations when teaching to athletes
- Demonstrated the ability to analyze and correct techniques
- Conducted "competitive" practice sessions
- Utilized time in room efficiently
- Was open to change when needed
- Open to feedback and constructive criticism

---

## COMPETITION

At competitions, the assistant coach . . .

- Follows no drinking policy, curfew, no chewing and all team and NCAA rules, personal behavior, etc. - during competition
  - Utilized scouting reports to prepare the team
  - Dresses Professionally at competitions
  - Attitude and body language are positive and professional during pre-warm up and during matches
  - Stays In Lane on assigned tasks during competitions - (travel, pre-match, match, post match)
  - Works with assigned athletes (and refrains from showing favoritism to certain athletes - ex: only when winning or expected to win)
  - Discussed strategy for each athlete you are in charge of with head coach before each contest
  - Instilled confidence in team through effective support of Head Coach
  - Communicated effectively during time-outs; Between periods (works well with head coach - refrains from yelling athletes name) - competing for attention, etc. (works well as a team player)
  - Demonstrated knowledge of athlete injuries and respected judgment of Sports Medicine Staff
  - Encouraged "ethical conduct" with respect to tactics and strategies
  - Demonstrated control on the sidelines with athletes and officials and good sportsmanship
  - Exhibited appropriate post-game behavior with athletes, officials, opponents, fans, parents (good \ sportsmanship and class)
  - Refrain from yelling or competition coaching
  - Updated and communicated strategy during matches with Head Coach
-

# HEAD COACH EVALUATION FORM FOR ASSISTANT COACHES

Coach Name \_\_\_\_\_  
Assistant Coach Name \_\_\_\_\_  
Date: \_\_\_\_\_



ONLINE WRESTLING TRAINING 24/7  
www.worldwrestlingresource.com

---

## COACH'S CHARACTERISTICS

In general, the assistant coach. . .

- Enhanced my performance through his/her assistant coaching
- Was rewarding to work with and have on my staff
- Incorporated the religious philosophy of the school
- Sets a good personal example and positive attitude
- Displayed consistency and decisiveness in responsibilities
- Was an effective motivator
- Had a Good rapport with athletes
- Cared about the team personally and each athlete outside of the wrestling room as a person; Was available to talk to with regard to personal problems or advice with athletes and share with coach
- Consulted me with regard to team rules
- Respected the head coaches decisions

---

## OTHER AREAS

- Practice facilities were adequate and helps to keep equipment safe and clean when appropriate
- Game/Event Support (helps with the admin activities such as food, scouting, etc)
- Recruiting calls (makes appropriate use of time and communicates regularly with head coach about recruiting efforts
- Time Management (makes appropriate use of time in office hours and is on task)

---

## SELF EVALUATION

Strongly Agree 1 - Strongly Disagree 5

- Assist Coach understands what is expected of him & communicates w/ Head Coach if unsure 1 2 3 4 5
- Assistant Coach uses time efficiently 1 2 3 4 5
- Assistant coaches brings positive attitude the office, recruiting, at practices and competitions 1 2 3 4 5
- Assistant coach displays strong bench skills and is a team player 1 2 3 4 5
- Assistant coach interact appropriately w/ UD faculty & staff, wrestlers, alumni, parents, & fans 1 2 3 4 5
- Assistant coach shows respect to the Head Coach and Team 1 2 3 4 5
- Wrestlers are treated fairly by the assistant Coach 1 2 3 4 5
- Assistant coach clearly communicates with head coach 1 2 3 4 5
- Overall, Assistant Coach bring a positive and professional attitude to being an assistant coach 1 2 3 4 5

1 Please give some examples of what feel you do very well or are your greatest strengths as an assistant coach.

2 Please give some examples or areas that you feel you need to improve as an assistant coach