

Self-Reflection Form



U.S. Soccer
1801 S. Prairie Ave.
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Coaching Development Department

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Contact Information

Contact Information	
Name:	
Organization / Current Role: (Team Coach, Technical Director,	

U.S. Soccer Coaching Development

Coaching Director):	
Email address:	
License Level / Location / Year of last U.S. Soccer course attended:	

Overview-Objectives

The challenge for a coach is to improve the team and players: What does a coach have to do to achieve this? The coach has to execute the following tasks:

- 1) Coaching games
- 2) Provide training sessions
- 3) Guide the development of players

To execute these tasks successfully, one has to have competencies. Another word for competencies is capabilities. As a coach am I capable of self-reflecting in an honest, open and self critical evaluation to the aforementioned tasks?

It is helpful if you know your strengths but also where you need improvement. To have, through self-reflection, a method of evaluating your daily performance will assist you in your development as a coach.

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We are requesting you to evaluate yourself in the following three areas of your coaching experiences in the training environment. This feedback of self-reflection, fellow student (active observation) and instructor guidance, throughout the course, will further assist you in your individual development.

Self-Reflection

What went well with the training session?

What improvements would you make to the training session?

How do you think the players responded?