



SEPAK TAKRAW ASSOCIATION OF CANADA (STAC)

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SEPAK TAKRAW COACH SELF-IMPROVEMENT PLAN

COACH PROFILE		COACHING EXPERIENCE	
Name _____		Coaching Experience (e.g. level, age of participants) _____	
Address _____		Date of Community Course _____	
Phone Number _____	Email _____	Course Conductor _____	

A – Areas for Improvement

- | | |
|---|---|
| 1. Planning | 5. Communication/observation skills |
| 2. Practice Organization | 6. Coaching Skills, Ball Handling |
| 3. Drill Management, Selection, Structure, Explanation, Demonstration | 7. Provide fun and enjoyment for athletes |
| 4. Coaching Intervention during practices and matches, Feedback, Error Detection/Correction | 8. Game management |
| | 9. Technical and tactical knowledge |
| | 10. Responsible coaching |
| | 11. Other _____ |

B – Action Plan

An effective Action Plan must consist of 1) identifying Goals that relate to area(s) of improvement (see examples above), 2) utilizing available Resources and 3) setting Timelines. Use the framework below to guide your Self-Improvement Plan.

My Coaching goals are: (identify SMART goals – Specific, Measurable, Attainable, Realistic and Timelines)

GOAL	RESOURCES (e.g. books, videos, people)	TIMELINES
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

C – Evaluation

I, _____, have made a conscientious effort to improve the above mentioned goals and feel that I have attained my goals within the above mentioned time frame using all the resources that were available to me. Therefore, I believe that I have developed my coaching competencies/skills to the level required by the Sepak Takraw Community Sport Stream Course.

Coach Signature

Date

Evaluator Signature (Competition Certified Coach - any sport)

Position

Date

*Please send a copy of your Self-Improvement Plan to the STAC office as addressed above.