



Ottawa TFC
2075 Trim Rd, Orléans, ON K4A 3R2



Ottawa TFC Coach Practice Assessment					
Name:				Date:	
Team:				Objective	
Organization					
Arriving	Late		On time		Before players
Set up					
	Yes	No	Coment		
Proper Coach gear					
Greeting players and pre-warm up					
Practice Plan Completed					
Use of Equipment					
Observation of key points / moments					
Organization Adjustments					
Speed					
	Below Standard	Meet Standard	Exceed Standard	Coment	
Intensity of the session					
Competitiveness/Engagement					
Explanations were clear					
Explanations were concise					
Explanations were specific					
Rotation across stations	0-1min	1-2min	2-3min	3+	Coment
Stoppages per station	0--3	3--6	6--9	9+	Coment
Big Things					
	Yes			No	
Shape					
Realigning defending team					
Composure on the ball					
Quick restart					
Small things					
Principle of Play - On Ball	Switching		Breaking Lines		Creating - Final Third
Principle of Play - Off Ball	Fluidity		Pressing		Work Rate / Compactness
Technical Skill Component	Dribbling		Passing / Receiving		Finishing
Physical Component - Energy System	Speed		Fitness		Strength
Objectives / Rules / conditions used					
Progressions					
Notes and Feedback					