



Munster GAA CoachQUAL

There is a need now more than ever to measure the quality of the coaching service we provide. The Munster GAA CoachQUAL Toolkit will help you develop as a coach by identifying gaps or areas that may need to be addressed.

The Munster GAA CoachQUAL Toolkit model identifies ten coaching areas that are critical to the delivery of best coaching practice. We are asking you as a coach to mark yourself under each of these headings. This will help you recognise your strengths and weaknesses. It should not be seen as a threat rather than a means of helping you develop further as a coach. We in Munster GAA are fully committed to providing all of the necessary supports to help you improve as a coach. Please fill in the form below and use it to develop your coaching competencies.

Please send any feedback to: info.munster@gaa.ie

Ten Quality Dimensions for Coaching Delivery – Munster GAA CoachQUAL

1. **Reliability** - the ability to perform the promised coaching service standards in a dependable and accurate manner
2. **Responsiveness** - evaluates the ability of the coach to meet the immediate needs of the player and facilitate player learning and development
3. **Competence & Knowledge** - the ability and competence of the coach to deliver their coaching knowledge and achieve the desired learning outcomes of the session
4. **Accessible & Approachable** – the creation of an environment where all players feel they can engage directly with the coach.
5. **Content** – quality of coaching content and information delivered by the coach during the coaching session
6. **Communication** - the coach's ability to effectively communicate their coaching message with all standards of players
7. **Trust & Credibility** - the ability of the coach to build a rapport with players through the coaching approach used, while being a credible exponent of GAA coaching standards.
8. **Atmosphere**-the coach's ability to create a fun, engaging, and energetic learning environment
9. **Understanding the player**- the ability of the coach to empathise and understand the ability of each player
10. **Tangibles** – the quality of support structures and equipment to reflect overall coaching quality delivery

Name:

Date: Team/Age Grade Coached:

	Score (0-10)
RELIABILITY	0 - 10
Pre session organisation	
Coaching programme design	
Organisation of the coaching session	
Quality of coach delivery	
Quality of information conveyed	
RESPONSIVENESS	0 - 10
Post session organisation and engagement with participants	
Adaptation to players needs during the coaching session	
Level of engagement with players	
Facilitating player progression	
COMPETENCE & KNOWLEDGE	0 - 10
Integration of prior sessions	
Coaching style and approach	
Variety of coaching techniques	
Knowledge of coach	
ACCESSIBLE & APPROACHABLE	0 - 10
Attitude and enthusiasm of coach	
Coach availability for players	
Ability to relate to players	
Building a level of trust with participants	
Allow players to express themselves	
CONTENT	0 - 10
Delivery of technical knowledge	
Delivery of tactical knowledge	
Delivery of coaching principals	
Suitable to the audience	
Challenging and engaging	
Quality of information provided	
COMMUNICATION	0 - 10
Delivery of clear and concise information	
Ability to listen to players	
Ability to encourage players	
Level of dialogue with players	
TRUST & CREDIBILITY	0 - 10
Inspire trust with players	
Engagement with players as a coach	
Content coached is credible	
ATMOSPHERE	0 - 10
Fun learning environment	
Inclusive approach of coach	
Atmosphere created during session	
Players feel valued during session	
Family feel to session	
UNDERSTANDING THE PLAYER	0 - 10
Feedback opportunities	
Instil confidence in players	
Adaptation to all player skill levels	
Allow players to express themselves	
Player centred sessions	
TANGIBLES	0 - 10
Appearance of coach	
Coaching equipment	
Site set up	
Facilities	
Visible support structures	

SCORING: 0-2 = Very Poor 3-4 = Poor
 5-6 = Adequate 7-8 = Good
 9-10 = Excellent