



EPSA Coaching Checklist

	Not Yet	Nailed it
Interpersonal Actions		
Did I welcome each player by name as they arrived?		
Did I show care/patience with each player, regardless of interest or ability?		
Did I encourage and recognize effort, not just outcome?		
Did I listen to players when they had something to say?		
Did I limit the amount of instruction so players had the chance to experiment in solving problems?		
Did I demonstrate great character in all interactions? (players, opposing players/coaches, officials, parents)		
Coaching Actions - Practice		
Did I inform players of an objective or learning target for the day?		
Did I have a written plan designed to meet the objective?		
Did I provide brief, clear instructions, including a visual model if possible?		
Did I challenge players appropriate to their ability? (Goldilocks challenges: Not too hard, not too easy)		
Did I keep players' bodies and brains active most of the time? (on the move, touches on the ball, decision-making and problem-solving)		
Coaching Actions - Game		
Planning: Did I maximize each player's participation? (playing time, positions)		
Pregame Meeting: Did I inform players of an objective or challenge? e.g. score a left footed goal, not just "Play hard and try to win"		
In-Game: Did I mostly observe quietly and give only targeted guidance?		
Half-time: Did I ask questions and listen to create a 2-way dialogue?		
Post-game: Did I leave them with a positive and encouraging message?		

For 1-3 items marked "Not Yet" identify an action item to take a step toward "Nailed it."
 Email coaching@edenprairiesoccer.org for assistance.

I want to . . . (ideal)	I will . . . (how I'll get there)