

## COACHING DEVELOPMENT PLAN

British Canoeing Awarding Body understands that every coaches' development journey is unique and it is almost impossible to consider designing a format that will be appropriate for everyone. Developing your 'Coaching Craft' is an amazing, fulfilling but sometimes frustrating experience. However, with help from your peers, course providers, fellow coaches and your learners, athletes and performers, who are sometimes overlooked, you can start to identify and then develop areas of your coaching.

Finding a start point is sometimes difficult, so take a few moments to consider what you are good at.

List up to five areas of your coaching performance you feel you are good at.

1.	
2.	
3.	
4.	
5.	

Discuss with a colleague and rationalise with them why you feel you are good in these areas. Remember, they may not always agree with you but as developing coaches, this should be seen as healthy discussion.

Something that most of us find easier to identify is what we are not so good at (and usually avoid practicing).

List up to five areas of your coaching performance you feel needs developing.

1.	
2.	
3.	
4.	
5.	

Discuss with a colleague and rationalise with them why you feel you need to develop these areas. Remember, they may not always agree with you but as developing coaches, this should be seen as healthy discussion.

So now you have identified areas you need developing and discussed with a colleague, you need to consider how you can develop these. This could be through a practical application, observations of other coaches, reading, revisiting previous course notes and materials, etc. Develop a plan and commit to specific targets with a time frame. This is proven to work and will aid you in your development as a coach.

Development area	Specific Outcome	Target date to achieve
Promote use of self-gained feedback in my sessions is weak	<ul style="list-style-type: none"> <li>Revisit feedback session on eLearning package and course material</li> </ul>	Next 4 months during Club Coaching sessions

	<ul style="list-style-type: none"> <li>• Work on promoting use of self-gained feedback in sessions, to develop learners understanding and independence</li> <li>• Obtain feedback from learners</li> </ul>	

**NOTE:** Remember, try not to neglect the strengths of your coaching performance. These need to be continually practiced to maintain and develop these areas.