



A) A coach has many ways of evaluating the effectiveness of the skill instruction element of a training session for example.

The coach may use simply just asking the athlete's of how they thought of the skill instruction and to give him/her feedback on how the session went.

The coach could ask someone to do an evaluation such as a checklist. The coach would have to do each of what it say on the checklist and the person could tick it off, when the coach has reached this stage. This is just a few way's in which a a coach can evaluate the effectiveness of the skill session.