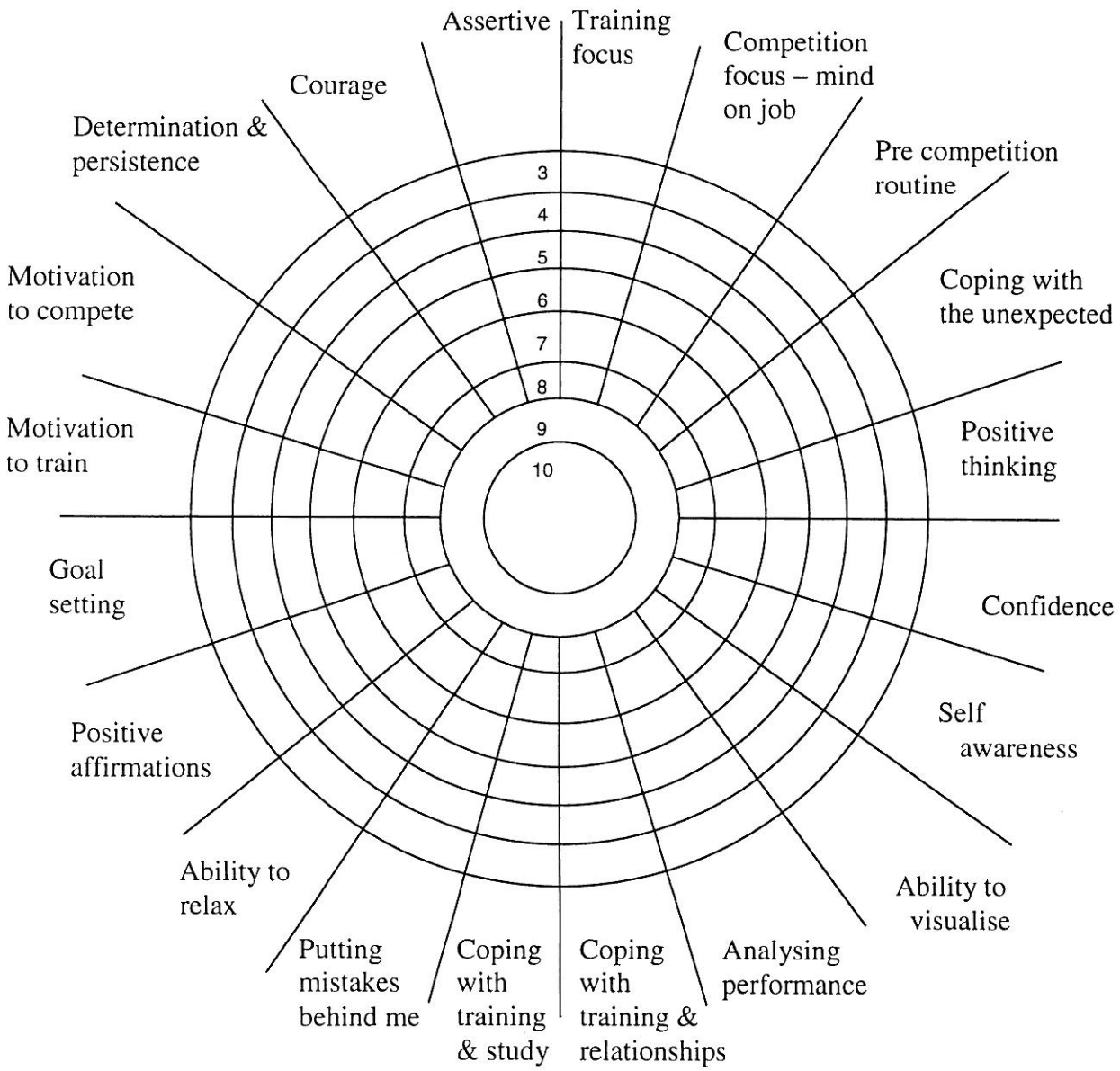
Psychological skills



Team:

Date:

Assessor: (circle one) Coach Team

Scale:

10	Excellent
9	Extremely good
8	Very good
7	Good
6	Competent
5	Average
4	Below average
3	Poor

ACADEMY of SPORT

Comments

Roles - Communication

Course specific roles

Upwind
Bow

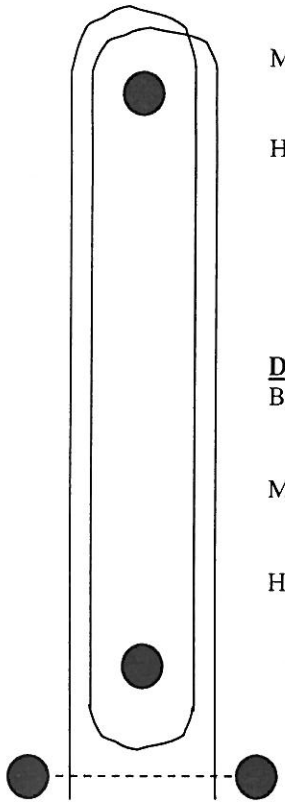
Mid

Helm

At Top Mark
Bow

Mid

Helm



At Bottom Mark
Bow

Mid

Helm

Downwind
Bow

Mid

Helm

At Start
Bow

Mid

Helm

Generic Roles

Bow

Mid

Helm

Team:

Date:

Assessor: (circle one) Coach Team

Scale:

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7	Good
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5	Average
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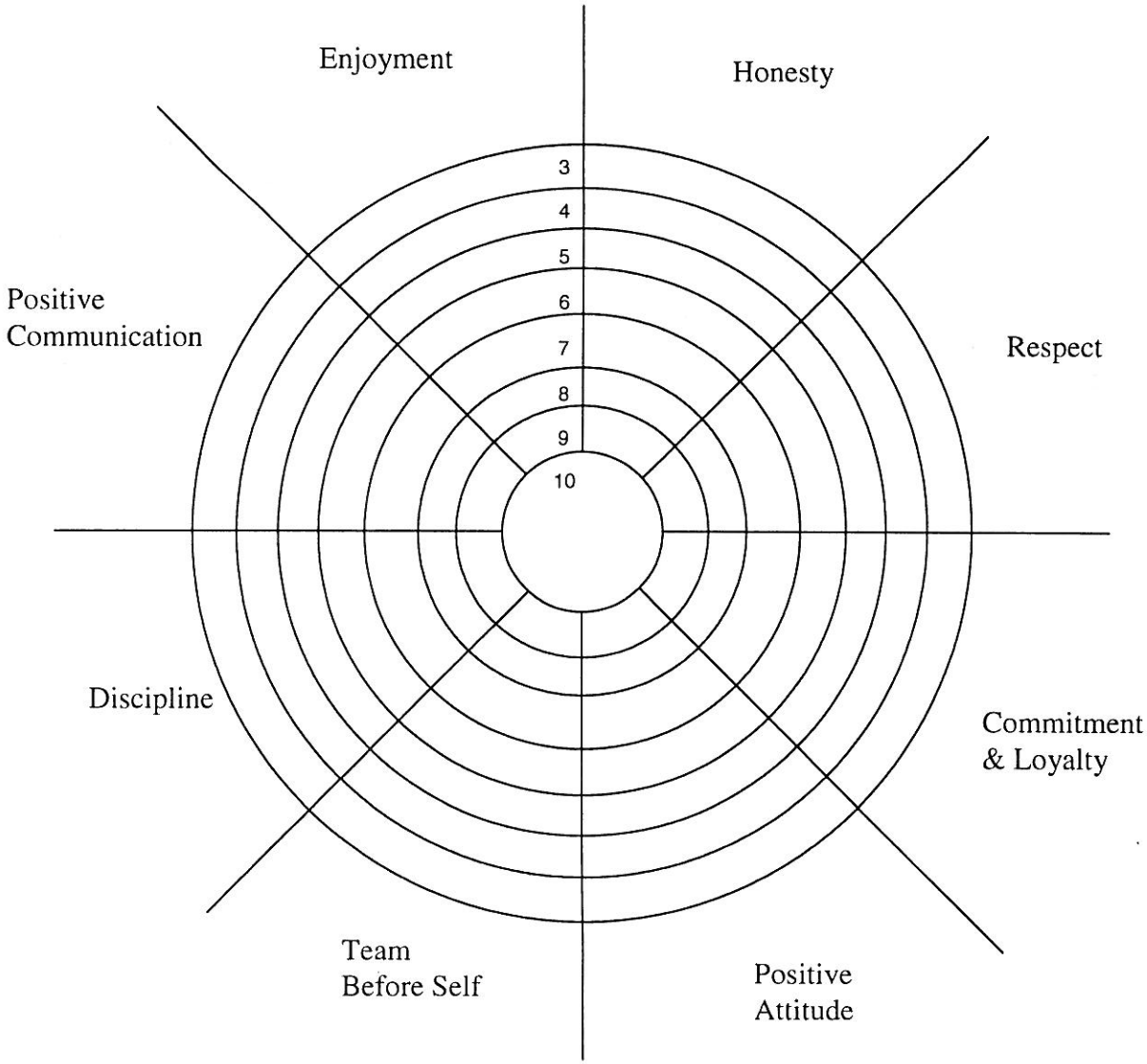
3	Poor

ACADEMY of SPORT

Comments

Values



Team:

Date:

Assessor: (circle one) Coach Team

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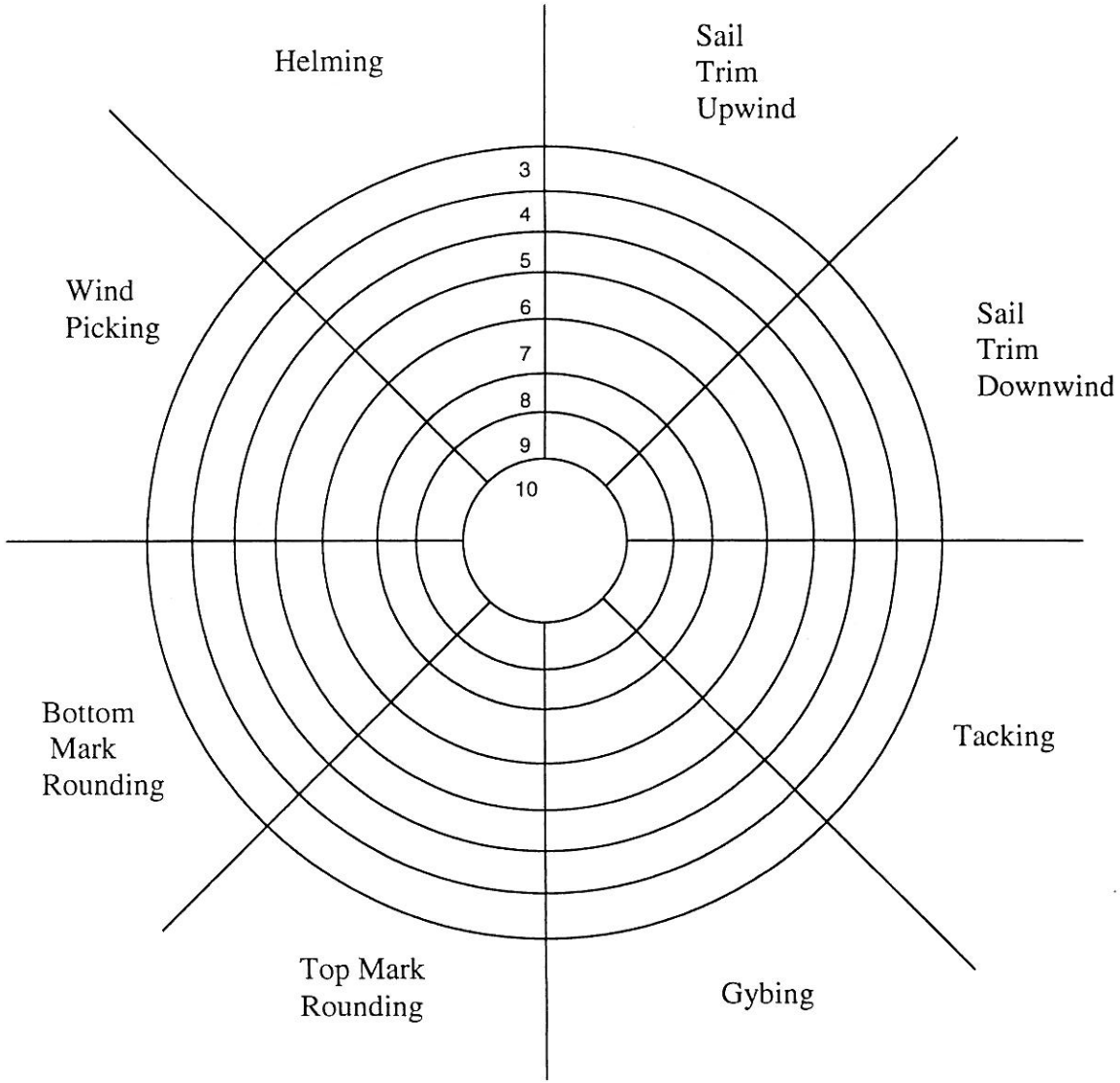
ACADEMY of SPORT

Comments

Technical skills



Team:

Date:

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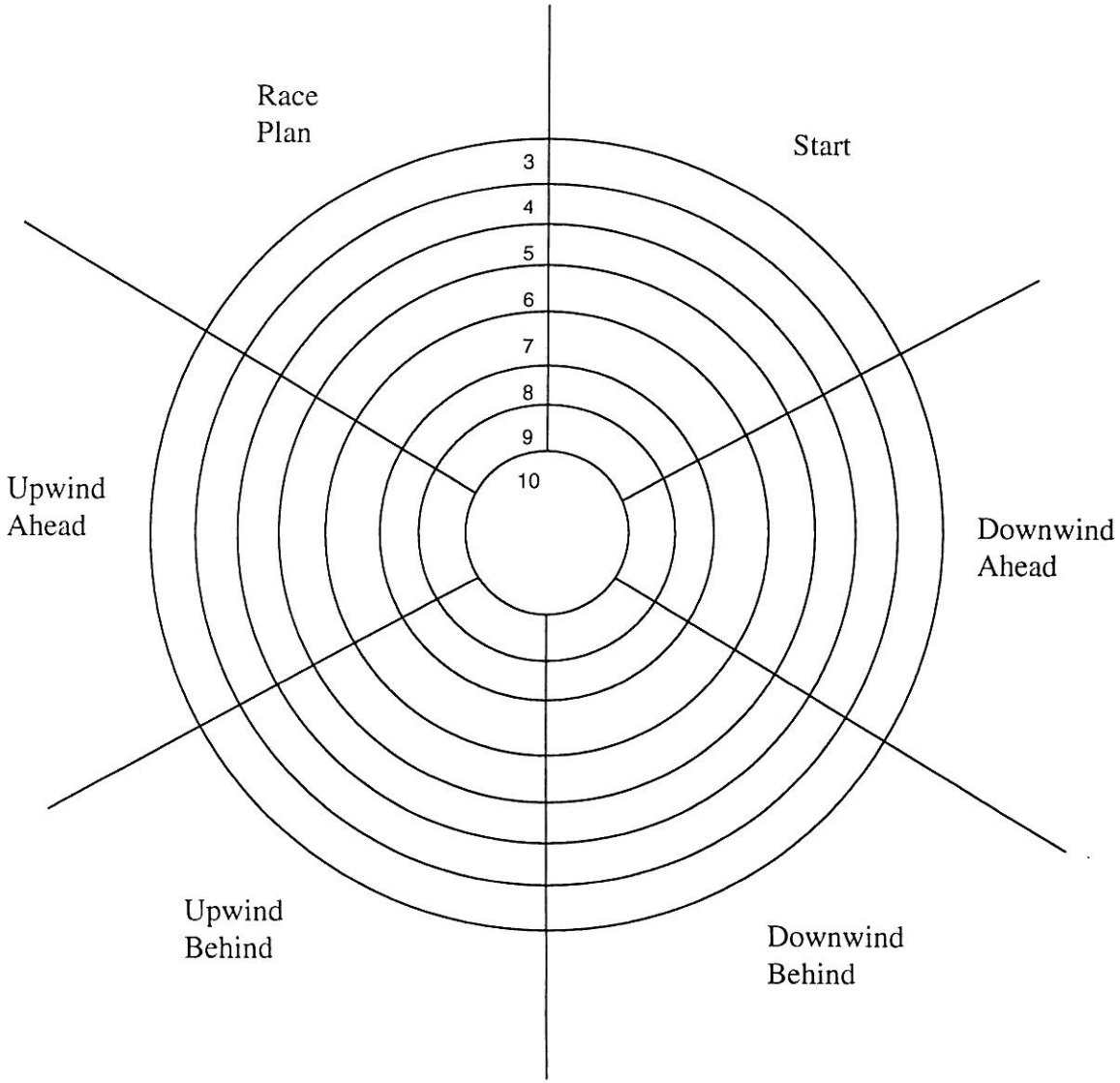
ACADEMY of SPORT

Comments

Tactical



Team:

Date:

Assessor: (circle one) Coach Team

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ACADEMY OF SPORT

Comments