



Alexis Adapts Sports Coach Observation Form

Parent Request for Feedback

Thank you for coaching my child this season. Your observations help me better understand how my child learns, communicates, works as part of a team, and responds to challenges in a recreational setting. I may share this information with my child's educational team to help guide meaningful supports through a 504 Plan or IEP. Please check any items you observed and add comments where helpful.

Athlete: _____ Sport: _____

Coach: _____ Season/Dates: _____

Participation & Effort

☐	Excited to participate
☐	Tried new skills
☐	Stayed engaged
☐	Needed encouragement
☐	Enjoyed practices
☐	Enjoyed games
☐	Worked hard even when tasks were difficult

Comments:

Teamwork & Social Skills

☐	Worked well with teammates
☐	Encouraged others
☐	Accepted coaching
☐	Shared equipment
☐	Waited appropriately
☐	Needed reminders with peers
☐	Preferred observing first

Comments:

Following Directions

☐	Followed directions independently
☐	Needed reminders
☐	Did better with demonstrations
☐	Did better with one instruction at a time
☐	Needed help getting started
☐	Needed help completing drills

Comments:

Emotional Regulation

☐	Handled mistakes well
☐	Handled winning appropriately
☐	Handled losing appropriately
☐	Asked for help
☐	Needed reassurance
☐	Recovered after coaching
☐	Needed breaks

Comments:

Attention & Organization

☐	Stayed focused
☐	Needed redirection
☐	Remembered equipment
☐	Transitioned between drills
☐	Waited for turns
☐	Stayed with the group

Comments:

Sensory & Physical Environment

☐	Noise was challenging
☐	Heat/weather was challenging

■	Busy environment was challenging
■	Movement helped regulation
■	Water breaks were helpful
■	Quiet breaks were helpful

Comments:

Supports That Helped

■	Visual demonstrations
■	Positive encouragement
■	Trusted coach
■	Peer buddy
■	Movement breaks
■	Extra processing time
■	Advance warning
■	Choices
■	Leadership opportunities

Comments:

Strengths Observed

■	Kindness
■	Leadership
■	Persistence
■	Coachability
■	Sportsmanship
■	Confidence
■	Creativity
■	Determination
■	Empathy
■	Positive attitude

Comments:

If this athlete returned next season, I would recommend:

■ Same coach ■ Consistent teammate ■ Smaller practice groups ■ Frequent check-ins
■ Visual demonstrations ■ Advance warning before transitions ■ Leadership opportunities ■ Flexible participation when needed

What impressed you most about this athlete?

One thing I hope their teachers know is...

Anything else you'd like me to know?

Alexis Adapts

IEP Advocate | Parent Coach

Supporting children, families, and the adults who care for them.

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