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| **Leadership (L)** |
| 1 | Confidence when leading a group |
| 2 | Ability to motivate a group being led |
| 3 | Communication skills |
| 4 | Use of demonstrations to support understanding |
| 5 | Suitability of drills/tasks being led |
| 6 | Empathy with the group being led |



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| **Analysis & Evaluation (A)** |
| 1 | Identification of strengths and weaknesses  |
| 2 | Justification of strength and weaknesses using examples from game situations |
| 3 | Ability to identify the demands of the sport (what is important and why) |
| 4 | Ability to identify a type of training that would improve a fitness component weakness |
| 5 | Ability to plan a session to improve a weakness |

