

<b>Leadership (L)</b>	
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



<b>Analysis &amp; Evaluation (A)</b>	
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

