# Lacy & Darst Systematic Observation Instrument

Use this sheet to observe 20 minutes of coaching.

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| **Behaviour Category** | **Explanation** | **No. of Occurrences** | **Total**  |
| Use of First Name | Use of first name or nickname when directly speaking to a player |  | 8 |
| Pre-instruction  | Initial information given to player(s) preceding execution of the desired action |  | 5 |
| Concurrent instruction  | Cues or reminders given during the execution of the skill or play |  | 8 |
| Post-instruction  | Instructional feedback given after the execution of the skill or play |  | 4 |
| Questioning  | Any question to the player(s) concerning technique or strategies |  | 3 |
| Physical assistance | Physically moving the player’s body through the correct RoM or body position |  | 2 |
| Positive modelling  | Demonstration of correct performance |  | 3 |
| Negative modelling  | Demonstration of incorrect performance |  | 0 |
| Hustle  | Verbal statements with intent to increase player(s) effort |  | 3 |
| Praise  | Verbal or non-verbal compliments, statements or acceptance |  | 5 |
| Scold  | Verbal or non-verbal signs of displeasure |  | 2 |
| Management | Verbal statements related to organization of practice sessions |  | 1 |
| Silence | Period of time where the coach is not talking |  | 4 |
| Uncodable behaviour | Any behaviour that does not fit into other categories or distinguished |  | 3 |