



Motivational Climate Self-Check

The 6 TARGET levers for your training

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TEAM

AGE GROUP

DATE

Task

A challenge at every child's level.

- ☐ My drills have several difficulty levels; every child finds a challenge.
- ☐ I use small games instead of long queues.

Authority

Let children have a say.

- ☐ Children regularly get a say (drill, captain, rules for the final game).
- ☐ I hand over responsibility instead of dictating everything.

Recognition

Praise effort, not just goals.

- ☐ I praise effort and the solution, not just goals.
- ☐ I address progress one-on-one, not as a public comparison.
- ☐ Fewer than half of my shouts go to goals and wins.

Grouping

Cooperation before ranking.

- ☐ I form teams flexibly and mixed, not permanently strong against weak.
- ☐ Cooperation counts more with me than the ranking.

Evaluation

Measure against the child's own baseline.

- ☐ I measure against the child's own improvement: better than last week.
- ☐ I treat mistakes as a learning step, not as proof of too little ability.

Time

Give learning time, no time pressure.

- ☐ Every child gets enough time to practise and try.
- ☐ I never expose a child under time pressure; everyone learns at their own pace.

My 3 immediate steps

Set them for the next session.

No.	What I change concretely

