



AN ATHLETES GUIDE TO BEING MORE COACHABLE





ATHLETE COACHABILITY

Sports are filled with mental and social challenges. A healthy coach-player dynamic is at the core of any successful team, and it's no wonder why it can be the most difficult team relationship to navigate.

It's human nature to deflect criticism, to take it personally when you don't get the playing time you think you deserve. It's easy to forget your coach has to make difficult decisions that might not work in your favor. Being able to graciously receive advice and mentorship is a necessary part of growth, and we've created a guide to help you learn how to be more coachable.



13 Steps to better coachability

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| 1. Listen to what your coaches say, not how they say it. | 2. It's NOT about you. |
| Like any skill, the more you do it, the easier it becomes. Practice "mean no offense, take no offense". | If your coach is having an 'off' day, don't take it personally. You do not know what has happened that day in their lives. |
| 3. Remember 'coach' is only one hat they wear. | 4. They really (REALLY) want you to be your best. |
| Give them a break if they aren't perfect or if their tone isn't right in line with what you'd prefer. | Your coaches are there to help you be successful. Trust them. |
| 5. Your coaches are more stressed than you can imagine. | 6. Say 'thank you,' and say it often. |
| While you are important to them, remember that they have lives outside of you. Respect that. | Thank them for totally committing themselves to your improvement, for holding you to a high standard. Especially thank them during moments when you don't feel thankful; those are times when they are helping you the most. |
| 7. Always look your coaches in the eye. | 8. Shocker: Your coach is human. |
| Don't hold your head down, don't look away. You want to be treated like an adult, so BE an adult with confidence and class. | Their stresses and emotions get misplaced. They get hurt by things you do and say; they feel pain when you disregard them or don't appreciate them. |
| 9. Don't roll your eyes. | 10. Directly ask for feedback. |
| It's immature and says more about you than the person you're offending. | If your coaches don't get to you right away, go to them and ask for their thoughts and feedback. |
| 11. If you really have something to say, SAY IT. | 12. Be prepared. |
| Let your coach know if you are not getting what you need from them. Whining about something, tuning out, and not committing yourself to your team, is NOT a solution. In fact, it's absolutely detrimental to you, your team, and your coach's ability to effectively train you. | Take 5 minutes before practice to release from your mind the rest of your day's activities. Remember why you're practicing and that your coach has put in uncountable hours to prepare for you. Have some respect when you're at practice, and really, truly BE at practice. |
| 13. Set up a brief, weekly check-in with your coach. | |
| Chat informally about your strengths and skills that you need to work on. | |