



## How to Be More Coachable

1	<b>Listen to <i>what</i> your coaches say, not <i>how</i> they say it.</b> Like any skill, the more you do it, the easier it becomes. Practice “mean no offense, take no offense”.	2	<b>It's NOT about you.</b> 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	<b>Remember ‘coach’ is only one hat they wear.</b> While you <i>are</i> important to them, remember they have lives outside of you. Respect that.	4	<b>They really (REALLY) want you to be your best.</b> Your coaches are there to help you be successful. Trust them.
5	<b>Your coaches are more stressed than you can probably imagine.</b> Give them a break if they aren’t perfect or if their tone isn’t right in line with what you’d prefer.	6	<b>Always say ‘thank you’.</b> <i>In fact, say it more often than you think you need to.</i> Thank them for totally committing themselves to your improvement, for holding you to a high standard, and especially thank them during moments when you <i>don’t</i> feel thankful... those are times when they are helping you the most.
7	<b>Always look your coaches in the eye.</b> 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.	8	<b>Shocker: Your coach is human.</b> Their stresses and emotions get misplaced, they get hurt by things you do, say, and they feel pain when you disregard them or don’t appreciate them. (See #6.)
9	<b>Don’t roll your eyes.</b> It’s immature and says more about you than the person you’re offending. (See #7.)	10	<b>Directly ask for feedback.</b> If your coaches don’t get to you right away, <i>go to them</i> and ask for their thoughts and feedback.
11	<b>If you really have something to say, SAY IT.</b> Let your coach know if you are not getting what you need from them. Whining about something, or 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.	12	<b>Be prepared.</b> Take five minutes before practice to release from your mind the rest of your day’s activities. Remember <i>why</i> you’re practicing and that your coach has put in uncountable hours to prepare for <i>you</i> . So, have some respect: when you’re at practice, really, truly BE at practice.
13	<b>Set up a brief, weekly check-in with your coach.</b> Chat informally about your strengths and skills that need working on.		