



8 WAYS TO BE MORE**COACHABLE**

**01**

**LISTEN TO WHAT YOUR COACHED SAY, NOT HOW THEY SAY IT**. Like any skill, the more you do it, the easier it becomes. Practice “mean no offense, take no offense”. Pro Tip:Practice “mean no offense, take no offense”.

**02**

**IT’S NOT ABOUT YOU.**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. Pro tip: Realise that your coach is a person too with feelings and emotions with other activities outside of coaching

**03**

**THEY REAL, REALLY WANT YOU TOBE YOUR BEST.**Your coaches are there to help you be successful. Trust them?’ Pro tip: Having trust in your coach is essential as they may sk you to do things that you think you can’t do.

**04**

**SAY THANK YOU AND SAY IT OFTEN**. 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..Pro Tip: They are often unpaid and underappreciated so appreciate them more.

**05**

**ALWAYS LOOK YOUR COACH IN THE EYE**.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 classPro Tip: When you’re looking at them you get more information from their body language. They also get it from yours..

**06**

**DIRETLY ASK FOR FEEDBACK**. If your coaches don’t get to you right away, go to them and ask for their thoughts and feedback..Pro Tip: This shows them that you are taking control of your own improvement.

**07**

**IF YOU HAVE SOMETHING TO SAY, SAY IT.**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.Pro tip: Being engaged and involved in asking questions also shows them that you are listening.

**08**

**BE PREPARED**. 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... Pro Tip: Use a visualisation technique to clear your mind ready to focus on training.