

Key coaching messages - checklist

Using key messages consistently in your coaching will help to impact on the mindset of your athletes. Read each statement below and tick the box that best relates to how often you do this in your coaching.

Name		Date	
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Talent beliefs	How often do you do this?			
	Rarely	Sometimes	Often	Consistently
Emphasise it will take time - everyone will improve at different rates				
Relate improvements in performance to effort				

Create a challenging environment	How often do you do this?			
	Rarely	Sometimes	Often	Consistently
Stress that avoiding challenges can lead to weaknesses in future				
Make sure athletes understand why each challenge is important				

Responding to setbacks	How often do you do this?			
	Rarely	Sometimes	Often	Consistently
Reinforce they just can't do it YET!				
Ask what an athlete will do now following a setback				

Providing feedback	How often do you do this?			
	Rarely	Sometimes	Often	Consistently
Take time to provide regular feedback				
Follow up to ensure athletes try to use feedback to improve				

Providing opportunities for ownership	How often do you do this?			
	Rarely	Sometimes	Often	Consistently
Ask athletes to work out how good they will need to be in future				
Ask athletes what they feel they need to do to improve				

Action plan – Pick 1 or 2 areas you would like to work on and make a plan of what you need to do differently. Make a commitment to implement your plan and find someone to give you feedback as you progress.