

Coaching Card

Print off the enclosed coaching card and keep it handy during your sessions to remind you of the behaviours you want to see and develop in your athletes.




Coaching Mindset

Develop an effort focus. They can't do it **YET**

What can I see? Do my athletes...

embrace rather than avoid **challenges**
persist rather than give up when facing **setbacks**
learn from rather than ignore **negative feedback**
take rather than avoid **ownership**



Reflection

1. What mindset behaviour did I observe?
2. What did I do to influence mindset?
3. How did the athletes engage and respond?
4. What will I do differently next time?