



BE OPEN TO FEEDBACK

Feedback isn't criticism. Use your coach's words to improve your performance.



BE AN ACTIVE LEARNER

The things you don't know are holding you back, so listen and keep learning.



BE HUMBLE

Don't seek attention, pay attention. Your moment to stand out will come soon.



BE PROACTIVE

Not everything has to come from your coach. Take initiative and push yourself.



BE PERSISTENT

A coachable young person doesn't give up when things get difficult.



BE RESPECTFUL

You will get so much more from your coach if you display the right attitude.



BE VOCAL

Explain what you are feeling and thinking so your coach can work better with you.



BE ORGANISED

Show up early, be prepared and keep track of your own progress.



BE A ROLE MODEL

You're never too young to set an example and inspire others.



BE RESILIENT

Don't let your setbacks get in the way of your dreams.



BE COMMITTED

Show up to training and don't let other people down.



BE BOLD

Step out of your comfort zone to reach the next level.



BE POSITIVE

Believe in yourself and your ability to succeed, and support your fellow players.



BE SELF AWARE

Know your weaknesses and challenge yourself to overcome them.



BE MOTIVATED

Don't give up! Hard work will take you where you want to go.



15 IDEAS TO HELP YOU BECOME A BETTER ATHLETE

THE COACHABILITY FACTOR