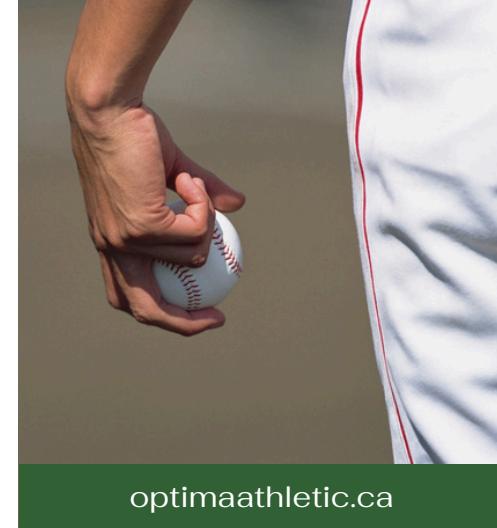


# HOW TO: Support your athlete as a coach



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## 01. Create a learning environment

Athletes won't take risks or try new skills if they fear punishment or embarrassment.

**Why this works:** The brain learns best when it feels safe. Reduced fear keeps your brain engaged on improving your skills and decision making

## 02. Emphasize effort over outcome

Focusing only on wins or results limits growth and increases anxiety.

**Why this works:** Effort based feedback builds intrinsic motivation and keeps athletes engaged through challenges and set backs.

## 03. Normalize setbacks

Skill development requires failure, avoiding mistakes slows learning.

**Why this works:** When mistakes are reframed as information, athletes stay confident and learn faster instead of shutting down.

## 04. Individualize coaching when possible

Athletes develop at different rates and learn differently.

**Why this works:** Personalized coaching meets athletes where they are, accelerating development and boosting confidence.

## 05. Be consistent with expectations

Inconsistent standards create confusion and insecurity.

**Why this works:** Consistency builds trust, clarity, and confidence.

## 06. Encourage autonomy and ownership

Athletes who rely solely on coaches struggle under pressure.

**Why this works:** Giving athletes choices and responsibilities builds decision-making skills and long-term performance independence



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