

HOW TO: Support your athlete as a coach



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

