

# PHYSIOLOGICAL

## Desired state *(WHAT WE'RE WORKING TOWARDS)*

Athletes have access to clean water, clean air, nutrition, hydration, and sleep.

### Indicators of **desired** state

*(SOME SIGNS THE ATHLETE IS DOING WELL IN THIS AREA!)*

- Athlete appears to be healthy and well-rested.
- Athlete often shows up to practice with high-quality snacks and a water bottle.

### Indicators of **undesired** state

*(SOME SIGNS THE ATHLETE MAY STRUGGLE IN THIS AREA)*

- Athlete seems undernourished and regularly behaves in a lethargic manner.
- Athlete rarely brings any snacks or a water bottle to practice.

**NOTE: BE AWARE OF COMMUNITIES THAT HAVE BOIL WATER ADVISORIES.**

## WHAT CAN YOU DO, COACH?

As a coach, you can take steps to provide for the person's needs, or seek professional help. Remember, you don't have to do it all; it is important to reach out to those who are qualified to address these situations.



# SAFETY

## Desired state *(WHAT WE'RE WORKING TOWARDS)*

Athletes have access to appropriate housing, physical/emotional/psychological safety, and health care.

### Indicators of **desired** state

*(SOME SIGNS THE ATHLETE IS DOING WELL IN THIS AREA!)*

- Athlete appears to have access to appropriate housing, physical/emotional/psychological safety, and shows no signs of psychological or physical abuse.

### Indicators of **undesired** state

*(SOME SIGNS THE ATHLETE MAY STRUGGLE IN THIS AREA)*

- You become aware that an athlete does not have access to appropriate housing, physical/emotional/psychological safety
- Athlete expresses not wanting to go home after practice because of safety issues.
- Athlete presents signs of physical abuse (ie. bruises, injuries)

## WHAT CAN YOU DO, COACH?

If you believe an athlete is in danger of going home and needs protection, you don't need to know for sure and you must report it. If the athlete is in immediate danger call the police.

If you don't know the parent or guardian or you suspect that they may be part of the problem, then you need to call the child and family service agency in your area.

Kids Help Line 1-800-668-6868 or text 686868.



# BELONGINGNESS

## Desired state *(WHAT WE'RE WORKING TOWARDS)*

Athletes have meaningful and positive relationships with family members and friends.

### Indicators of **desired** state

*(SOME SIGNS THE ATHLETE IS DOING WELL IN THIS AREA!)*

- Athlete's family, if available, shows a supportive interest in their sport participation (ex.: rides to and from practice, attendance at games).
- Athlete appears to have kind and supportive friends on the team and/or outside of the team.

### Indicators of **undesired** state

*(SOME SIGNS THE ATHLETE MAY STRUGGLE IN THIS AREA)*

- Athlete seems uncomfortable when parents are watching a game.
- Athlete doesn't seem to have many friends on the team and/or outside of the team.
- Athlete's friends seem unsupportive and unkind.



## WHAT CAN YOU DO, COACH?

### Reinforcing comments

*WHEN YOU NOTICE SIGNS OF THE DESIRED STATE, TRY SAYING...*

- 1 I've noticed that [insert indicator]. This is great! Keep it up.
- 2 I noticed you've been making efforts to [insert indicator]. Great work today!
- 3 I've seen you [insert indicator] and it is having a great impact on your/the team's success/improvement. Way to go!

*REINFORCING WHAT THE ATHLETE DOES WELL WILL ENCOURAGE THEM TO CONTINUE!*

### Reflection questions

*WHEN YOU NOTICE FREQUENT SIGNS OF THE UNDESIRED STATE, TRY ASKING...*

- 1 I've noticed that [insert indicator]. Are you noticing something similar?  
*NOTE: JUST BECAUSE YOU SEE SOMETHING DOESN'T MAKE IT TRUE OR REAL.*
- 2 What are some of the reasons why this might be happening?
- 3 What can we do to improve in this area?

*GETTING CURIOUS ALLOWS THE ATHLETE TO REFLECT + ACTIVELY PARTICIPATE IN THEIR GROWTH.*

# ESTEEM

## Desired state (WHAT WE'RE WORKING TOWARDS)

Athletes demonstrate appropriate levels of prestige and feelings of accomplishment.

### Indicators of **desired** state

(SOME SIGNS THE ATHLETE IS DOING WELL IN THIS AREA!)

- Athlete seems comfortable maintaining eye contact and communicating with others (asking questions, talking to teammates, expressing needs).

*NOTE: CERTAIN ATHLETES WHO ARE NEURODIVERSE\* MAY STRUGGLE TO MAINTAIN EYE CONTACT AND COMMUNICATE.*

- Athlete seems to believe they can achieve their goals.
- Athlete appears comfortable with other athletes' success.

*\*NEURODIVERSITY REFERS TO THE RANGE OF DIFFERENCES IN INDIVIDUAL BRAIN FUNCTION AND BEHAVIOURAL TRAITS, REGARDED AS PART OF NORMAL VARIATION IN THE HUMAN POPULATION (USED ESPECIALLY IN THE CONTEXT OF AUTISTIC SPECTRUM DISORDERS, OR ADHD).*

### Indicators of **undesired** state

(SOME SIGNS THE ATHLETE MAY STRUGGLE IN THIS AREA)

#### Excessively low levels of esteem:

- Athlete struggles with eye contact and communication (asking questions, talking to teammates, expressing needs).
- Athlete doesn't seem to believe they can achieve their goals.

#### Excessively high levels of esteem:

- Athlete is always speaking, appears to overprioritize their importance, appears to lack full effort in the practice environment.

## WHAT CAN YOU DO, COACH?

### Reinforcing comments

WHEN YOU NOTICE SIGNS OF THE DESIRED STATE, TRY SAYING...

- 1 I've noticed that [insert indicator]. This is great! Keep it up.
- 2 I noticed you've been making efforts to [insert indicator]. Great work today!
- 3 I've seen you [insert indicator] and it is having a great impact on your/the team's success/improvement. Way to go!

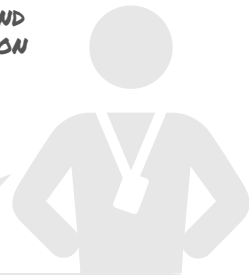
REINFORCING WHAT THE ATHLETE DOES WELL WILL ENCOURAGE THEM TO CONTINUE!

### Reflection questions

WHEN YOU NOTICE FREQUENT SIGNS OF THE UNDESIRE STATE, TRY ASKING...

- 1 I've noticed that [insert indicator]. Are you noticing something similar?  
*NOTE: JUST BECAUSE YOU SEE SOMETHING DOESN'T MAKE IT TRUE OR REAL.*
- 2 What are some of the reasons why this might be happening?
- 3 What can we do to improve in this area?

GETTING CURIOUS ALLOWS THE ATHLETE TO REFLECT + ACTIVELY PARTICIPATE IN THEIR GROWTH.



# TO THE PRESENT MOMENT

## Desired state (WHAT WE'RE WORKING TOWARDS)

Athletes demonstrate mindfulness and the ability to focus on the task at hand and recognize when they are distracted from the present moment.

SKILLS: MINDFULNESS, COMPARTMENTALIZATION, PRIORITIZATION

### Indicators of **desired** state

(SOME SIGNS THE ATHLETE IS DOING WELL IN THIS AREA!)

- Athlete appears to consistently maintain their attention on court/in the game between every point.
- Athlete appears to refocus and reset after a missed play.
- The team appears to be focused on their preparation for practice.

*NOTE: CERTAIN ATHLETES WHO ARE NEURODIVERSE\* MAY STRUGGLE TO MAINTAIN EYE CONTACT AND COMMUNICATE.*

*\*NEURODIVERSITY REFERS TO THE RANGE OF DIFFERENCES IN INDIVIDUAL BRAIN FUNCTION AND BEHAVIOURAL TRAITS, REGARDED AS PART OF NORMAL VARIATION IN THE HUMAN POPULATION (USED ESPECIALLY IN THE CONTEXT OF AUTISTIC SPECTRUM DISORDERS, OR ADHD).*

### Indicators of **undesired** state

(SOME SIGNS THE ATHLETE MAY STRUGGLE IN THIS AREA)

- Athlete's attention appears to drift away from the court/game between points (ex: looking to friends, family, coaching staff between points).
- Athlete seems focused on a missed play while the next point starts.
- The team is talking about their evening plans as they warmup for practice.

## WHAT CAN YOU DO, COACH?

### Reinforcing comments

WHEN YOU NOTICE SIGNS OF THE DESIRED STATE, TRY SAYING...

- 1 I've noticed that [insert indicator]. This is great! Keep it up.
- 2 I noticed you've been making efforts to [insert indicator]. Great work today!
- 3 I've seen you [insert indicator] and it is having a great impact on your/the team's success/improvement. Way to go!

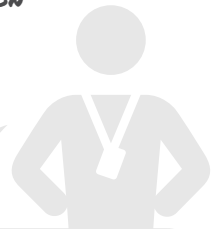
REINFORCING WHAT THE ATHLETE DOES WELL WILL ENCOURAGE THEM TO CONTINUE!

### Reflection questions

WHEN YOU NOTICE FREQUENT SIGNS OF THE UNDESIRE STATE, TRY ASKING...

- 1 I've noticed that [insert indicator]. Are you noticing something similar?
- 2 What are some of the reasons why this might be happening?
- 3 What can we do to improve in this area?

GETTING CURIOUS ALLOWS THE ATHLETE TO REFLECT + ACTIVELY PARTICIPATE IN THEIR GROWTH.



# TO SELF

## Desired state (WHAT WE'RE WORKING TOWARDS)

Athletes demonstrate appropriate self-awareness, understanding of identity\*\*, and the ability to align their actions and decisions with their morals, values, and beliefs.

SKILLS: SELF-AWARENESS, REFLECTION, SELF-ASSESSMENT

### Indicators of desired state

(SOME SIGNS THE ATHLETE IS DOING WELL IN THIS AREA!)

- Athlete's identity appears to extend beyond being an athlete. For example, they have healthy interests in other relationships, pursuits, etc.
- Athlete appears to be primarily internally driven by motivators such as enjoyment, pursuit of mastery, connection to others.
- When athlete's fail, they have the ability to reflect on their role in the failure and to take on an appropriate amount of responsibility to adapt.
- Athlete is not easily swayed by others.
- Athlete appears to be aware of their thought patterns.

### Indicators of undesired state

(SOME SIGNS THE ATHLETE MAY STRUGGLE IN THIS AREA)

- Being an athlete seems to be this athlete's only identity. For example, they have dropped all other pursuits or relationships.
- Athlete seems to be primarily externally driven by motivators such as fame, money, recognition, parental pressure, or self-worth derived from accomplishments/success.
- When they fail, this athlete may find excuses or place blame externally to try to protect their self-worth.
- Athlete seems to be easily influenced by others.
- Athlete doesn't seem to be aware of their thought patterns.

## WHAT CAN YOU DO, COACH?

### Reinforcing comments

WHEN YOU NOTICE SIGNS OF THE DESIRED STATE, TRY SAYING...

- 1 I've noticed that [insert indicator]. This is great! Keep it up.
- 2 I noticed you've been making efforts to [insert indicator]. Great work today!
- 3 I've seen you [insert indicator] and it is having a great impact on your/the team's success/improvement. Way to go!

REINFORCING WHAT THE ATHLETE DOES WELL WILL ENCOURAGE THEM TO CONTINUE!

### Reflection questions

WHEN YOU NOTICE FREQUENT SIGNS OF THE UNDESIRE STATE, TRY ASKING...

- 1 I've noticed that [insert indicator]. Are you noticing something similar?  
*NOTE: JUST BECAUSE YOU SEE SOMETHING DOESN'T MAKE IT TRUE OR REAL.*
- 2 What are some of the reasons why this might be happening?
- 3 What can we do to improve in this area?

GETTING CURIOUS ALLOWS THE ATHLETE TO REFLECT + ACTIVELY PARTICIPATE IN THEIR GROWTH.

\*\*COACHES CAN SUPPORT A 'CONNECTION TO SELF' BY BEING AWARE OF AND RESPECTFUL TOWARD VARIOUS IDENTITY FRAMEWORKS. THIS MAY INCLUDE, FOR EXAMPLE, THE INDIGENOUS HOLISTIC MODEL AND HONOURING CULTURAL AND SPIRITUAL PRACTICES TO FOSTER AN INCLUSIVE EXPERIENCE.

# TO OTHERS

## Desired state (WHAT WE'RE WORKING TOWARDS)

**Athletes demonstrate interpersonal effectiveness to develop relationships in support of mutual fulfillment and performance objectives.**

*SKILLS: EMPATHY, COMMUNICATION, VULNERABILITY/OPENNESS*

### Indicators of **desired** state

*(SOME SIGNS THE ATHLETE IS DOING WELL IN THIS AREA!)*

- The team is united in their goals.
- The team is communicating between points.
- Friendship groups within teams make efforts to include other players in their social environments.
- Athlete actively listens when their teammates speak.
- Athlete can assertively and effectively share their thoughts with others.
- Athlete often welcomes and accepts feedback.

### Indicators of **undesired** state

*(SOME SIGNS THE ATHLETE MAY STRUGGLE IN THIS AREA)*

- The team acts more as a group of individuals.
- Athletes seem focused only on themselves.
- A group of athletes deliberately excludes other athletes in off-court environments.
- Athlete often interrupts and does not seem to consider others' perspectives.
- Athlete struggles to share their thoughts in a way that is conducive to building relationships.
- Athlete often seems to get defensive when given feedback.



## WHAT CAN YOU DO, COACH?

### Reinforcing comments

*WHEN YOU NOTICE SIGNS OF THE DESIRED STATE, TRY SAYING...*

- 1 I've noticed that [insert indicator]. This is great! Keep it up.
- 2 I noticed you've been making efforts to [insert indicator]. Great work today!
- 3 I've seen you [insert indicator] and it is having a great impact on your/the team's success/improvement. Way to go!

*REINFORCING WHAT THE ATHLETE DOES WELL WILL ENCOURAGE THEM TO CONTINUE!*

### Reflection questions

*WHEN YOU NOTICE FREQUENT SIGNS OF THE UNDESIRE STATE, TRY ASKING...*

- 1 I've noticed that [insert indicator]. Are you noticing something similar?  
*NOTE: JUST BECAUSE YOU SEE SOMETHING DOESN'T MAKE IT TRUE OR REAL.*
- 2 What are some of the reasons why this might be happening?
- 3 What can we do to improve in this area?

*GETTING CURIOUS ALLOWS THE ATHLETE TO REFLECT + ACTIVELY PARTICIPATE IN THEIR GROWTH.*

# FOR SELF

## Desired state (WHAT WE'RE WORKING TOWARDS)

Athletes demonstrate self-compassion and apply self-regulatory skills to manage varied conditions and stages of development in life and sport.

SKILLS: SELF-COMPASSION, REFLECTION, PLANNING

### Indicators of **desired** state

(SOME SIGNS THE ATHLETE IS DOING WELL IN THIS AREA!)

- Athlete usually maintains positive body language and outlook even when things are not going well.
- Athlete bounces back after making a few mistakes.
- Athlete seems to consistently show up to practice with enthusiasm, motivation, and energy.
- While some players go sight-seeing inbetween two games, this athlete decides to take a nap.
- After a tournament, an athlete seems to prioritize recovery and appears to be acting like their usual self.

### Indicators of **undesired** state

(SOME SIGNS THE ATHLETE MAY STRUGGLE IN THIS AREA)

- When things are not going well, the athlete seems to visibly get down on themselves.
- Athlete's performance seems to derail after making a few mistakes.
- Athlete appears to lack enthusiasm, energy, and/or motivation during a practice.
- Despite needing time to recharge inbetween two games, this athlete decides to go sight-seeing with some teammates.
- After a tournament, an athlete seems more irritated, emotional, or stressed than usual.

## WHAT CAN YOU DO, COACH?

### Reinforcing comments

WHEN YOU NOTICE SIGNS OF THE DESIRED STATE, TRY SAYING...

- 1 I've noticed that [insert indicator]. This is great! Keep it up.
- 2 I noticed you've been making efforts to [insert indicator]. Great work today!
- 3 I've seen you [insert indicator] and it is having a great impact on your/the team's success/improvement. Way to go!

REINFORCING WHAT THE ATHLETE DOES WELL WILL ENCOURAGE THEM TO CONTINUE!

### Reflection questions

WHEN YOU NOTICE FREQUENT SIGNS OF THE UNDESIRE STATE, TRY ASKING...

- 1 I've noticed that [insert indicator]. Are you noticing something similar?  
*NOTE: JUST BECAUSE YOU SEE SOMETHING DOESN'T MAKE IT TRUE OR REAL.*
- 2 What are some of the reasons why this might be happening?
- 3 What can we do to improve in this area?

GETTING CURIOUS ALLOWS THE ATHLETE TO REFLECT + ACTIVELY PARTICIPATE IN THEIR GROWTH.





# FOR OTHERS

## Desired state (WHAT WE'RE WORKING TOWARDS)

Athletes demonstrate care and concern for others in support of the other person's well-being and pursuit of performance objectives.

SKILLS: LEADERSHIP, EMPATHY, ACCEPTANCE/FORGIVENESS

### Indicators of **desired** state

(SOME SIGNS THE ATHLETE IS DOING WELL IN THIS AREA!)

- Athlete attentively listens to their discouraged teammate and validates what they are feeling.
- Athlete gives their frustrated teammate a pat on the back or shows other types of encouragement.
- A veteran player on the team takes the time check on how a new player is doing.
- Athlete appears to take ownership after saying something offensive and apologizes to the person in question.
- Athlete demonstrates the ability to forgive a teammate for an offense.

### Indicators of **undesired** state

(SOME SIGNS THE ATHLETE MAY STRUGGLE IN THIS AREA)

- Athlete appears to be checking their phone while their teammate expresses something they're struggling with.
- Athlete tells their frustrated teammate to step it up after making a mistake.
- Veteran players take little interest in the newer players on the team.
- Athlete does not seem to take ownership for offensive behaviour or genuinely apologize to the person affected.
- Athlete appears to hold a grudge over being hurt by a teammate.



## WHAT CAN YOU DO, COACH?

### Reinforcing comments

WHEN YOU NOTICE SIGNS OF THE DESIRED STATE, TRY SAYING...

- 1 I've noticed that [insert indicator]. This is great! Keep it up.
- 2 I noticed you've been making efforts to [insert indicator]. Great work today!
- 3 I've seen you [insert indicator] and it is having a great impact on your/the team's success/improvement. Way to go!

REINFORCING WHAT THE ATHLETE DOES WELL WILL ENCOURAGE THEM TO CONTINUE!

### Reflection questions

WHEN YOU NOTICE FREQUENT SIGNS OF THE UNDESIRED STATE, TRY ASKING...

- 1 I've noticed that [insert indicator]. Are you noticing something similar?  
*NOTE: JUST BECAUSE YOU SEE SOMETHING DOESN'T MAKE IT TRUE OR REAL.*
- 2 What are some of the reasons why this might be happening?
- 3 What can we do to improve in this area?

GETTING CURIOUS ALLOWS THE ATHLETE TO REFLECT + ACTIVELY PARTICIPATE IN THEIR GROWTH.

# FOR GROUPS

## Desired state (WHAT WE'RE WORKING TOWARDS)

**Athletes demonstrate a sense of care and respect for broader groups (i.e., team, club, province, country, and outside groups) and support these groups and/or advocate on their behalf.**

*SKILLS: CULTURAL AWARENESS, RESPECT, ADVOCACY*

### Indicators of **desired** state

*(SOME SIGNS THE ATHLETE IS DOING WELL IN THIS AREA!)*

- Athlete asks questions about another player's traditional clothing to learn more about their culture.
- Athlete makes jokes that are not at the expense of others.
- An athlete addresses a teammate for making a homophobic comment and helps them to understand its inappropriate nature.
- The members of the men's team attend a rally for the women's team to get equal funding.
- Athlete treats all their teammates and opponents the same, regardless of their differences.
- Athlete appears to demonstrate a respect for their teammate's story about their religious holiday.
- The team puts together a drive for local food bank.

### Indicators of **undesired** state

*(SOME SIGNS THE ATHLETE MAY STRUGGLE IN THIS AREA)*

- Athlete appears to bully another athlete for showing up to a competition in their culture's traditional clothing.
- Athlete makes a racist joke in the locker room.
- After an athlete makes a homophobic comment, no one in the locker room addresses it.
- The men's team is aware that the women's program receives less funding and does nothing.
- An athlete seems to choose not to set the ball to the one member of the team who speaks a different language.
- An athlete appears uninterested in their teammate's story about their religious holiday.
- The team is unaware of or indifferent towards underprivileged groups in their community.

## WHAT CAN YOU DO, COACH?

### Reinforcing comments

*WHEN YOU NOTICE SIGNS OF THE DESIRED STATE, TRY SAYING...*

- 1 I've noticed that [insert indicator]. This is great! Keep it up.
- 2 I noticed you've been making efforts to [insert indicator]. Great work today!
- 3 I've seen you [insert indicator] and it is having a great impact on your/the team's success/improvement. Way to go!

*REINFORCING WHAT THE ATHLETE DOES WELL WILL ENCOURAGE THEM TO CONTINUE!*

### Reflection questions

*WHEN YOU NOTICE FREQUENT SIGNS OF THE UNDESIRED STATE, TRY ASKING...*

- 1 I've noticed that [insert indicator]. Are you noticing something similar?  
*NOTE: JUST BECAUSE YOU SEE SOMETHING DOESN'T MAKE IT TRUE OR REAL.*
- 2 What are some of the reasons why this might be happening?
- 3 What can we do to improve in this area?

*GETTING CURIOUS ALLOWS THE ATHLETE TO REFLECT + ACTIVELY PARTICIPATE IN THEIR GROWTH.*



# TO TAKE RISKS AND FAIL

## Desired state *(WHAT WE'RE WORKING TOWARDS)*

Athletes demonstrate a willingness to fully engage in learning experiences that may involve uncertainty, perceived risks, and failure.

*SKILLS: MANAGING AROUSAL, EMOTIONS AND STRESS, REFRAMING*

### Indicators of **desired** state

*(SOME SIGNS THE ATHLETE IS DOING WELL IN THIS AREA!)*

- Near the end of a close game, this athlete seems relaxed and maintains their level of play.
- Athlete seems to welcome the opportunity to serve with the game on the line.
- During a team discussion, athlete often expresses their point of view.
- Athlete tries out for a team even though they are unsure if they will make it.
- Athlete calls out a teammate who makes a racist comment.
- Athlete chooses to embrace the discomfort of trying a new position.

### Indicators of **undesired** state

*(SOME SIGNS THE ATHLETE MAY STRUGGLE IN THIS AREA)*

- Near the end of a close game, this athlete seems nervous and their level of play often deteriorates.
- When the game is on the line, this athlete seems reluctant to serve, or executes an overly conservative serve.
- During a team discussion, athlete rarely expresses their point of view.
- Athlete doesn't want to try out for a team because they don't seem to think they can make it, despite having sufficient skills.
- Athlete chooses not to call out a teammate who makes a racist comment for fear of reprisals.
- Athlete either refuses to try playing a new position or doesn't make a full effort during the transition.



## WHAT CAN YOU DO, COACH?

### Reinforcing comments

*WHEN YOU NOTICE SIGNS OF THE DESIRED STATE, TRY SAYING...*

- 1 I've noticed that [insert indicator]. This is great! Keep it up.
- 2 I noticed you've been making efforts to [insert indicator]. Great work today!
- 3 I've seen you [insert indicator] and it is having a great impact on your/the team's success/improvement. Way to go!

*REINFORCING WHAT THE ATHLETE DOES WELL WILL ENCOURAGE THEM TO CONTINUE!*

### Reflection questions

*WHEN YOU NOTICE FREQUENT SIGNS OF THE UNDESIRE STATE, TRY ASKING...*

- 1 I've noticed that [insert indicator]. Are you noticing something similar?  
*NOTE: JUST BECAUSE YOU SEE SOMETHING DOESN'T MAKE IT TRUE OR REAL.*
- 2 What are some of the reasons why this might be happening?
- 3 What can we do to improve in this area?

*GETTING CURIOUS ALLOWS THE ATHLETE TO REFLECT + ACTIVELY PARTICIPATE IN THEIR GROWTH.*

# TO COMMIT AND PERSEVERE

## Desired state (WHAT WE'RE WORKING TOWARDS)

Athletes demonstrate resilience and optimism in support of maintaining full engagement in situations of adversity and ease.

SKILLS: AMBITION/MOTIVATION, OPTIMISM, COMMITMENT

### Indicators of **desired** state

(SOME SIGNS THE ATHLETE IS DOING WELL IN THIS AREA!)

- Athlete sets goals to improve for next year after not making their provincial team.
- Athlete shows up early to practice a certain element they struggled with in their last competition.
- After losing the first two sets, the team demonstrates positive body language and full engagement starting the third set.
- Athlete is often able to find the positives in a game, regardless of the situation.
- Athlete is often able to focus on the process more than the outcome of the match.

### Indicators of **undesired** state

(SOME SIGNS THE ATHLETE MAY STRUGGLE IN THIS AREA)

- After not making their provincial team, this athlete decides they won't try again, despite having the skills to make the team.
- After struggling in competition, this athlete misses the next practice.
- At the start of the third set, after losing the first two sets, the team seems to have stopped trying.
- Athlete typically focuses on the things that are going wrong in a game.
- Athlete is heavily focused on and affected by the outcome of a match.

## WHAT CAN YOU DO, COACH?

### Reinforcing comments

WHEN YOU NOTICE SIGNS OF THE DESIRED STATE, TRY SAYING...

- 1 I've noticed that [insert indicator]. This is great! Keep it up.
- 2 I noticed you've been making efforts to [insert indicator]. Great work today!
- 3 I've seen you [insert indicator] and it is having a great impact on your/the team's success/improvement. Way to go!

REINFORCING WHAT THE ATHLETE DOES WELL WILL ENCOURAGE THEM TO CONTINUE!

### Reflection questions

WHEN YOU NOTICE FREQUENT SIGNS OF THE UNDESIRE STATE, TRY ASKING...

- 1 I've noticed that [insert indicator]. Are you noticing something similar?  
*NOTE: JUST BECAUSE YOU SEE SOMETHING DOESN'T MAKE IT TRUE OR REAL.*
- 2 What are some of the reasons why this might be happening?
- 3 What can we do to improve in this area?

GETTING CURIOUS ALLOWS THE ATHLETE TO REFLECT + ACTIVELY PARTICIPATE IN THEIR GROWTH.

