



Raising Coachable Kids

Lesson Content

As a competitive water skier, I struggled with slalom skiing much more than the jumping event. One day my coach asked me, “Why are you so attached to what’s not working?” My “Aha” moment was when I realized I was hanging onto MY way of doing things... and as a result, I was not very coachable.

Is your athlete coachable?”

What makes someone coachable?

There are three qualities that can be recognized in someone who is coachable?

They are:

1. **Humble** – They’ve recognized the need to learn new things. They don’t know it all and some old habits need to go so new habits can take their place
2. **Receptive** – They’re open to being influenced. An open mind allows them to consider alternatives to what they’re presently doing.
3. **A Good listener** – Truly absorbing what the coach is saying. Reflecting on new information allows it to sink in and be implemented.

Sometimes resistance to coaching is simply not wanting to be out of our comfort zone; a **fear** of letting go of the familiar. Being open to new techniques and strategies requires courage. We cannot become what we are meant to be by clinging to what we are.

What can you do as a parent to set them up to learn well?

- **MODEL IT** - Our kids first learn to be coachable by our example. Talk about your learning experiences and the temporary discomfort you endured, and why the results were worth the journey.
- **SUSPEND JUDGMENT** - Support an open mindset toward what the coach has to say. Look for nuggets of truth.
- **CELEBRATE PROGRESS** - Look for incremental pieces of progress and celebrate the small steps. Understand that true learning is an uneven process, and that it often includes two steps forward and one step back, as well as plateaus.

Being coachable means young athletes can abandon the time-consuming method of trial and error and instead, rely on the wisdom and knowledge of the resources around them.





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Discussion Guide

1

Who do you know that is very coachable? To what degree are they humble, receptive, and a good listener?

2

In what way could you do a better job of modeling a coachable spirit, suspending judgment, and celebrating small steps of progress?