

TALKING TO YOUR COACH

When?

- Always talk to your coach in person so things can be addressed clearly and so tone can be clear and not guessed through an email or message.
- Talking to the coach before or after a practice is a great time but be sure to communicate this with your coach prior to practice happening. They may have immediate events to go to and not have time and need to do another day.
- Be sure that you are messaging the coach at an appropriate time in the evening if you would like to meet and talk to address any concerns in person.
- If you talk about playing time and have not allowed for 2 weeks to pass since the original conversation, it very much may not be enough time to give new feedback to you.
- If you need to talk to your coach about missing practice or a game, understand that consequences could still happen. You may not like the consequence but you still need to communicate your absences ahead of time. The more in advance you communicate the potential for a better outcome.

Coaching strategies are not up for discussion.

“I want more playing time.”

- “How do I get better?”
- “How can I improve?”
- “What are some specific skills I need to work on?”
- “Are there any drills that I can do outside of practice?”
- “Do you have time to work with me before or after practice sometime this week?”

“Why does __ play more than me”

- “Has my role on the team changed?”
- “Can you help me understand my role better?”

“I don’t think you like me”

- “Is there anything that I can do to have a better attitude or work ethic?”
- “When I am not doing well at practice, I bounce back by... (having a quick break to think, running a lap, being told constructive criticism, etc.)

“The team does not get along”

- “Can I talk with you about the dynamics of the team and/or team chemistry?”

“My uniform does not fit:

- “Do we have any extra uniforms? I would really like to find something that is more comfortable to play in.”