

Feedback “simple how tos”

Feedback can be very onerous for both parties so do it carefully – here are some ideas:

1. Be empathic – identify with them and what they are feeling
2. Provide choices of solutions to correct problems so that it becomes a choice rather than a indictment to defend
3. Base your feedback on clear and attainable objectives known to the athlete
4. Keep free from person-related statements talk about 3rd party things
5. Give tips and hints
6. Keep your tone of voice considerate

Another idea is to get them to do their own feedback – create a loop

1. Give me a mark out of 10 for performance
2. Give me a mark out of 10 for mindset
3. Give me a mark out of 10 for effort
4. etc

By scaling you strip away emotion and train for self analysis