

# What does coachable look like?

7 examples of coachability.

## 1. **Be Open to Feedback:**

Coachable players welcome constructive criticism and use it for improvement.

They don't take feedback personally; they see it as valuable information to enhance their skills.

## 2. **Implement the Feedback:**

Coachable players take the feedback they receive and actively work to apply it in their practice and performance.

They're proactive in making the necessary adjustments based on the coach's guidance.

## 3. **Adapt or Die:**

Coachable players are flexible and open to trying new techniques or strategies the coach suggests.

They understand that adaptation is essential for growth and success in their sport.

## 4. **Active Listener:**

Coachable players pay close attention to their coach's instructions and feedback.

They listen attentively, demonstrating respect for the coach's expertise and a willingness to learn.

## 5. **Positive Attitude:**

Coachable athletes maintain a positive and enthusiastic attitude.

They approach practices and games with a willingness to learn, even when faced with challenges, and they inspire their teammates with dedication.

## 6. **Growth Mindset:**

Coachable athletes must have a growth mindset.

They understand their skills can always improve.

## **7. Respect Coaching:**

Respect is fundamental to coachability.

Players who respect their coach's authority and experience are willing to learn and trust the coach's guidance and feedback.

With thanks to <https://twitter.com/gb1121>