



## **Being coachable is about attitude, not athletic skill.**

**The one essential requirement is the willingness to listen and utilize external input and influences. The extent of this openness to learning determines four levels of coachability:**

- Not coachable - *already knows everything, not open, listens only to own voice*
- Selectively coachable - *does what's asked but only when he or she feels like it*
- Reluctantly coachable - *does everything that is asked but doubts it, never fully committed*
- Completely coachable - *does everything asked, surrenders own voice, trusts and empowers the coach*

**The Coachable athlete typically reflects these character traits:**

- Humble
- Respectful
- Loves the game
- Stays in control
- Takes responsibility
- Thinks long term
- Keen to learn
- Excited by change
- Willing to try new things
- Unafraid of mistakes
- Not hung up on the past
- Inquisitive
- Trusts their coach

**Unfortunately, coaches, do encounter athletes who are uncoachable. Uncoachable behavior comes in the form of mental or emotional weakness:**

- Arrogance
- Indifference - doesn't care

- Anger - instantly fights back
- Subversion - finds victim 'friends'
- Low self-esteem:
  - *-Unwilling because afraid*
  - *-Makes assumptions and avoids accountability*
  - *-Being wrong, when this is associated with feeling of less worth*
  - *-Takes everything personally*
  - *-Worries about things he or she cannot control*

It's not easy to hear criticism, no matter how constructive or well-intentioned. The truth, as they say, can hurt. But Los Angeles Clippers Coach Doc Rivers had this to say about athletes and criticism: "Average players want to be left alone. Good players want to be coached. Great players want to be told the truth."

Although not popular to say, too many athletes and clients sign up with a coach with the mindset that it is enough to change their lives. Without consistency on the clientele's end, paying for a coach will do little for their progress.