



COACHABILITY

What does it mean to you to be coachable?

What character traits are important to have in order to be coachable?

Why is it important to be coachable in sport? In life beyond sport?

What might hold you back or someone else back from being coachable?

What coaching styles do you enjoy? Which do you find most helpful to improving your game?

How can you best help your coach learn how to best help you achieve your goals?

What can you do to improve your relationships with your coaches?