

Coaching Habits Checklist

You have an opportunity through your coaching to reinforce the importance of Gymnasts understanding the development process and helping them to understand consistent behaviours. To help recognise what you do well, and reflect on areas you can improve.

Read each statement below and tick the box that best relates to how often you do this in your coaching. For your development it's important that you are honest as possible in your reflection. Also take time to discuss and think about your action plan on areas you would like to work on.

Talent Beliefs	How often do you do this?			
	Rarely	Sometimes	Often	Consistently
Emphasise everyone will improve at different rates				
Relate improvements to understanding the value of effort and process				

Create a challenging environment	How often do you do this?			
	Rarely	Sometimes	Often	Consistently
Stress that avoiding challenges can lead to weakness in the future				
Ensure gymnasts and parents understand why each challenge is important				

Responding to setbacks	How often do you do this?			
	Rarely	Sometimes	Often	Consistently
Reinforce the idea of 'not yet'				
Ask gymnasts to self-reflect on what they have learnt				

Providing feedback	How often do you do this?			
	Rarely	Sometimes	Often	Consistently
When giving feedback ask questions rather than tell				
Follow up to ensure gymnasts are understanding and utilising the feedback to improve				

Providing opportunities for ownership	How often do you do this?			
	Rarely	Sometimes	Often	Consistently
Includes gymnasts in goal setting for their training				
Ask gymnasts to design their own preps				

Action plan – Pick 1 or 2 areas you would like to work on and make a plan of what you need to do differently. Make a commitment to implement your plan and find someone to give you feedback as you progress.