

8 WAYS TO GET ON YOUR COACHES GOOD SIDE

I've compiled this list of ways to get on your coaches good side because many youth today struggle with their communication and motivation skills. Being too reserved, standing in the shadows, having lack of focus and effort and not paying attention to details, these all can send the wrong message to your coach.

Most of my suggestions are very simple and with proper attention can easily be fixed. If you begin putting into practice these proven tips your coach WILL notice you more, begin to have more confidence in you which will develop into more playing time.

1. PAY ATTENTION TO YOUR COACH.

I've said this over and over again in my camps and when I coached. Lock your eyes on mine when I'm talking. Let me know you have an interest in what the coach is talking about! Coach's talk to give instruction or motivate their players and there is no reason for you not to lock in and give them your full attention. Paying attention is simple and will have a huge impact on your relationship.

2. BE A TEAM LEADER.

No matter whether it is in practice, in a game, in the locker room or just out in general you be the team leader your coach needs you to be. Lead by example to do the right things, follow team rules and speak positively. Encourage your teammates no matter if you are on the bench or in the game.

3. GIVE 100% EVERY TIME YOU PLAY/PRACTICE.

Your effort in practice and in games speaks volumes about what kind of athlete and person you are. Some give little effort thinking no one is looking. Giving all you have in practice and in games sends a LOUD message to everyone watching that you can be counted on!

4. KNOW YOUR HOMEWORK.

Just like the classroom you have many things you must know to pass. You must implement your knowledge. Know your plays, your defensive responsibilities, where you need to be and the reason you're doing it. If you do not understand something ask. Any coach appreciates athletes who wants to understand and is making an effort to do it.

5. SPEND YOUR OWN TIME IMPROVING.

Don't just talk the talk ... walk the walk! Coaches love to see their athletes spending their own time improving their game. The only way you will get better is by working on your skills. Take personal responsibility practicing skill work before and after practice and in your own driveway. You will see improvement and your coach will notice also!

6. POSSESS THE ABILITY TO DRIBBLE/SHOOT WITH EITHER HAND.

Whether it is dribbling or shooting lay-ups you HAVE TO be able to go left or right and shoot lay-ups with left or right. Coaches hate it when their athlete uses the wrong hand to shoot a lay-up. You must be a threat with either hand so force yourself to improve! Your coach will consider you more valuable if you can go either way.

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7. PLAY DEFENSE HARD AND FAST.

Protect the basket on your defensive end and shutting down your offensive person has big rewards for your team and you personally. Learn to focus MORE on your defensive development, your coach will notice. It can become infectious with your teammates to join you, lead the way with your defense.

8. RISE UP WHEN CHALLENGED.

All coaches and parents like it when they see athletes rising up to the challenge, stepping up their game. Do not allow negative situations get you down but rather count it a challenge to learn and get through it. It will make you a better athlete and person.

Now get to work.