

Tom Burgdorf's

Gymnet Sports Learning Library

Team Parents Section

Is Your Child Coachable?

One of the important lessons a parent can teach a child is to use those around her/him to improve. Teachers, coaches, other adults and sometimes their teammates can be important in their progress and success. But those around them need to want to work with your athlete/student. Many young athletes today are hard to coach because of their poor attitudes, lack of motivation and especially their "someone else is responsible for my learning," attitude.

Is your child fun to coach/teach? Is she/he a hard worker? Are they good listeners? Are they self motivated? Do they have good attitudes about learning, improving and being successful? Teachers at school and coaches in sports love working with kids who are coachable. **I truly believe that being coachable is a choice.** Take a serious, and honest, look at your child and evaluate how much fun they are to coach and/or teach. Then consider having a talk with them about some improvements they may need to make to be more coachable. Who wins if they become more fun to teach/coach? Mainly them. And you can be a big help in all of this!

Is your child eager to learn? Are they eager to work hard? Do they accept suggestions for improvement? Do they try to cut corners? Do they blame others for their poor performances? Do they accept responsibility for their actions? These are areas that can make them more coachable. Are they pleasant most of the time? Are they polite?

Coachable children will learn more as the knowledgeable adults around them will enjoy working with them more.

Please don't take the attitude that the total responsibility for your child learning is with the teachers and coaches. It starts with the child.

Author: Tom Burgdorf

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