

10 WORST THINGS WE DO AS COACHES

- 1. We take time to explain what we want from our players. We need to strive for clarity first.**
- 2. We demonstrate after we tell our players what we want**
- 3. We teach too fast. Just teach one thing at a time.**
- 4. You have to teach physicality with sound teaching, sequential instruction and patience**
- 5. We are not objective about all our efforts. We need to give examples or show clips to have our players to understand.**
- 6. We demand perfection.**
- 7. We don't follow through with discipline or cultural expectations.**
- 8. We don't take care of ourselves first (mentally, physically, health or financial)**
- 9. We don't apologize. We don't admit our own errors.**
- 10. We don't allow for failure.**