

GROWING CHAMPIONS FOR LIFE

Positive Strategies for Helping Kids Win at Life and Sports

Mastering the 5 Cornerstones of Athletic Improvement Part II

By David Benzel

The Growing Champions for Life philosophy was built from the idea that the youth sports experience is most effective in meeting its true objectives when coaches, parents, and administrators create the most positive learning environment possible for today's youth. Lessons in self-control, humility and character have the potential to help child athletes discover their guiding principles and apply those lessons to live a values-driven life.

To guide athletes along the journey, we created five cornerstones for athletic improvement that address fundamental issues of sport AND life. Mastering these five skills will yield improved performance in sports, AND personal maturity for making good decisions in life.



This month we'll tackle the second cornerstone, "**Be Coachable**", and then move on to each of the others in subsequent months.

Cornerstone #2 – Be Coachable

"When the student is ready, the master will appear." This familiar quote uses the word "ready" to describe the state of mind of a coachable student. Your attitude toward being coached is the most critical factor in being able to take advantage of new information. It doesn't matter how

revolutionary the coaching might be if the student is not open or receptive to being influenced by a coach. You must find the sweet spot between confident in what you DO know and humble about what you DON'T know at the same time.

The strength and authenticity of the Five Cornerstones is that they require self-discovery and self-direction. Your answers to three questions will guide you through the process of launching Cornerstone #2. Each question purposefully urges you "to wonder" until your answer comes from within.

- A. I wonder how I can be accepting of coaching information given to me even if it doesn't fit my previous experiences.
- B. I wonder how I can learn to feel good about myself while I struggle with new techniques or skills.
- C. I wonder how I can build my self-confidence, especially when I don't perform my best, or win.

As you "wonder" about these questions the real you will answer each one in a genuine way. Give the process as much time as it takes and allow yourself permission to refine and adjust your answers over several days, until it feels just right. Being clear about your answers is transformational. You will be equipped to handle any situation, setback, triumph, or challenge that shows up in your world.

Once the questions are answered you're ready to be coachable whenever a new lesson is presented. This consists of four steps:

1. Practice an attitude of humility
2. Learn to be open and receptive to new concepts
3. Give 100% attentiveness to absorbing and attempting new skills
4. Articulate helpful feedback about what you're experiencing

Start the process today...no need to wait! Land on the second cornerstone with faith in the good lessons that can be learned from being Coachable.

[CLICK HERE](#) to ask David Benzel a question about this topic:

<http://www.growingchampionsforlife.com/coachdavid>

David Benzel is the Founder and Executive Director of [Growing Champions for Life, Inc.](#), which provides parents and coaches with practical tools & positive strategies for helping athletes reach their full potential while enjoying the youth sport experience. David is also the author of *"From Chump to Champ - How Individuals Go From Good to Great"* www.growingchampionsforlife.com