

How to Speak to Coaches

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“One more word and you’re out of here!”

- Classically overused
- Don’t commit yourself to action
- Worthless at best, adds fuel to the fire at worst
- What else can we say?

“Shut Up”

- Definitely adds gasoline to an already volatile situation
- Antagonistic
- Unprofessional
- How can we “shut up” coaches without saying it?

“You’re Wrong”!

- Just because we don’t say it doesn’t mean we don’t think it!
- We shouldn’t suggest that they all always right either
- What else can we say in response?

“Are you serious”?

- Sometimes coaches say things that make us question their sanity
- Assume they are in fact serious
- Keep your humor to yourself

“That’s not my call”

- You may as well be pointing fingers at your crew members
- Could also be taken as you admitting that you saw what they are talking about, but just decided not to call it
- What could we say instead?

“It’s just a game”

- While it is true, this phrase can make it sound like we are disinterested
- May as well be saying “who cares?, I don’t”
- What else can we say?

Managing Conflict

- Listen, rather than just hearing
- Ask, don't tell
- Explain why
- Offer options, rather than making threats
- Give a second chance

Videos

- <https://www.youtube.com/watch?v=wot0QJKUQ0o> - how not to deal with a coach
- <https://www.youtube.com/watch?v=SXwSn31Epj4> official tips
- https://www.youtube.com/watch?v=hpcb_bqKtEw live mic
- <https://www.youtube.com/watch?v=UZCurwCRb5s>