

# Reflection questions and conversations By Karen Haddad

## Tips for success in facing those hard conversations

- Don't assume your coach is in the right headspace to provide you this information without notice
- Ask your coach when it is a good time for them to have a quick chat so you can ask a few questions about your netball.
- Set a time and date for this catch up and be on time.
- Be prepared with the questions you would like to ask.
- Always take paper and pen to write down the information that the coach is sharing with you.
- At the end take the time to summarise with the coach what you have heard.
- This will give you both the opportunity to check that you are on the same page and that what you heard was what the coach intended to share.
- Always check that the focus areas you think you should work on are what the coach wants to see from you.

## Talk to your coaches with confidence to help you make the right decision for you.

- In regards to your position – What are they looking for?
- What would they like to see from you?
- What general attack and defensive principles are important to them?
- What will the training schedule look like?
- Do they have any feedback about your performance to date?
- What would they like to see you focus on and develop in the future?
- What could you do now to develop these focus areas identified?
- Could they give you some ideas to improve in these areas?
- Could you catch again at some point to see how you are tracking?

## What should I be reflecting on to make the best decision when choosing teams?

- Which coach's philosophy or approach to netball am I more aligned with?
- Which coach likes my game style more?
- Which coach's style am I more likely to thrive under?
- Has there been players with a similar game style to you in the team before? What growth have they made to their game since being part of this program?
- What are my opportunities in this team?
- What team environment makes me feel more comfortable?
- After speaking with players who are already in this team, what do you think about what have they said about their experience in the program?
- What is my best fit?