The Athlete Feedback Response Sheet

Hear the cue, clarify the step, and try the appropriate work.

Receiving feedback means learning a specific appropriate instruction; it does not require accepting harmful conduct or bypassing support.

Example: an athlete is told to wait before starting. They ask which signal applies, try the clarified waiting step during the approved session, and ask the coach what was observed.

01 Hear the cue

Identify the actual instruction.

Coach's specific correction

Action the cue describes

My first understanding

Concern requiring adult support

02 Ask clearly

Preserve a respectful real question.

Step I still do not understand

Clarification sentence to use

Coach's explanation received

Current instruction in my words

The Athlete Feedback Response Sheet / Review & follow-through

03 Try appropriately

Stay inside the approved plan.

Suitable attempt chosen by coach

Relevant participation boundary

Assigned action I attempted

Teaching support still needed

04 Review the evidence

Keep observation and direction separate.

Coach observation about the cue

Question for further feedback

Direction kept or updated

Approved concern or follow-up route