First Attempt Clarity Guide

Record the task and the athlete's unanswered question.

Clarify the actual starting instruction before interpreting hesitation as a lack of courage.

Hypothetical example: A nervous athlete asks where the first attempt starts, confirms the coach's cue, and reviews the attempt without a promised result.

01 Ask what makes the beginning difficult

Record the task and the athlete's unanswered question.

Task assigned

Athlete's question

Instruction already heard

What is unclear

02 Find the responsible instruction

Confirm the suitable starting instruction with the coach.

Coach's starting cue

Required preparation

Permission confirmed

Question still open

First Attempt Clarity Guide / Review & follow-through

03 Choose one suitable beginning

Agree on the first attempt and the signal for asking again.

First suitable attempt

Help signal

Adult observing

Point to notice

04 Review understanding before demanding more

Review what was understood and what still needs teaching.

What athlete understood

What happened

Teaching still needed

Next instruction