The Bench Contribution and Readiness Plan

Stay part of the team while carrying your assigned role.

Useful support is specific and appropriate. An athlete can discuss disappointment while treating teammates with respect.

Example: an athlete watches the team's restart setup, listens for the coach's instructions, and offers one truthful encouragement. After the event, they ask for a scheduled conversation about their development task.

01 Know the assigned role

Start with the coach's instruction and program rules.

My assigned bench or sideline duty

Relevant sideline rules

Support or accommodation needed

Preparation needed if called in

02 Choose useful attention

Observe without becoming another sideline coach.

Skill or action to watch

Why the coach wants it noticed

When to share an observation

Learning question for a suitable break

The Bench Contribution and Readiness Plan / Review & follow-through

03 Support the teammate

Use truthful words and an appropriate action.

Specific encouragement I can offer

Useful team duty I can carry

Distracting response to avoid

Disappointment to discuss later

04 Review the contribution

Check actual conduct and next preparation.

What I actually noticed

Duty I completed

Preparation to improve

Separate role question for the coach