Quiet Athlete Instruction Check

Choose one current instruction.

Ask the athlete to explain one current instruction and give them a suitable way to ask about the part that remains unclear.

Hypothetical example: a reserved athlete explains the task correctly but misses the starting cue, so the coach clarifies that cue rather than assuming a poor attitude.

01 Quiet is not a progress report

Choose one current instruction.

Practice moment

Instruction selected

Coach's exact words

Suitable check-in setting

02 Ask for the instruction in their words

Invite the athlete to explain it.

Athlete's explanation

Part understood

Part still unclear

Assumption to set aside

Quiet Athlete Instruction Check / Review & follow-through

03 Correct the teaching gap you actually found

Clarify the part that is actually missing.

Clarification offered

Example approved for this practice

Athlete's next action

Adult available for questions

04 Give them a question route that works

Offer an ordinary way to ask again.

Question route explained

Second attempt observed

Remaining uncertainty

Next check-in time