When an Athlete Says They Chose Not to Try - working notes

One situation. Clear facts. An honest next step.

Clarify the athlete's own account, check the actual task and support needs, and agree on an appropriate honest attempt within the coach's plan. Do not infer deliberate nonattempt from an error, quietness or a disappointing result.

Hypothetical example: An athlete says they deliberately held back to protect how others viewed their ability. The coach clarifies the account and agrees on an appropriate taught task, without assuming that explanation applies to other children.

01 Begin with the athlete's words, not your suspicion

Clarify an explicitly self-reported choice without inferring motive from results.

Athlete's own account

Moment being described

Clarification or correction

02 Check that the requested attempt is actually appropriate

Confirm the task, instruction and appropriate support with the actual coach.

Actual coached task

Instruction or support needed

Concern for appropriate help

When an Athlete Says They Chose Not to Try - working notes / Review & follow-through

03 Separate honest work from a promise about the result

Agree on an honest permitted attempt without promising an outcome.

Appropriate attempt agreed

Outcome outside my control

Question for the coach

04 Review the attempt without demanding a heroic story

Review what actually happened and obtain suitable help with unresolved concerns.

Attempt actually made

Feedback actually received

Unresolved concern and next contact