

Qs to ask athletes

1. What was the purpose of the exercise?
2. Performance - mark out of 10.
3. What did you find hard or easy?
4. Was there anything that was new for you?
5. What did you do well?
What could you have done better?
6. What do you need to do to take e.g. an 8 -> 9?
7. What did you learn?

Remember

- Work on your questioning skills.
- If you have an easy into question then ensure that you have a following question which probes for information.
- Try your questions out before you use them with an athlete.
- LISTEN to the answers and develop further questions from these.