

THE MOST IMPORTANT FEEDBACK EVER GIVEN IS FROM THE ATHLETE TO THE COACH

- 1. Listen with your ears, your eyes, your intellect, and your instincts.**
- 2. Listen to bodies—their postures and gestures, their strength and their power, their precision and control, their fatigue and their failures.**
- 3. Listen to skills—their deftness, timing, confidence, and repertoire.**
- 4. Listen to action, reaction, interaction, and inaction.**
- 5. Listen to voices—to pitch and tone, to color and timbre.**
- 6. Listen to eyes and to faces—their moods and expressions.**
- 7. Listen to changes of breathing and skin color.**
- 8. Listen to all the emotions with as much respect and regard as if there were your own.**
- 9. Listen for harmony across the messages you are receiving, patterns of behavior, misfit information, and discord.**
- 10. And last of all; listen to words, pauses, and silence and to what is never said.**

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