



# “The 1 Magic Question”

## The One **MAGIC** Question All Coaches Should Ask Their Athletes

*“One thing I wish my coaches knew about me that would help them coach me better is...”*

The insight this exercise can give you for the kids you currently work with is unbelievable. Coaches who have done this with their teams have shared some of the responses they have received as well. Collectively, to protect anonymity, some of the things we have learned from our athletes are:

*“I don’t like to be first in line to demonstrate new things. I usually don’t understand how to do things until I see them once, and it is kind of embarrassing when you ask me to go first.”*

*“When I make a mistake, I would much rather you pull me out and tell me what to fix than yell it out in front of everyone.”*

*“I get really nervous when I am not playing well and my dad is at the game because he gets really upset in the car on the way home.”*

*“I don’t like to shoot because my old coach used to yell at me whenever I missed a shot, so now I prefer to pass.”*

*“I am sorry we don’t stay at the team hotel but my dad says we need to camp to save money.”*

*“I would practice more at home like you ask me to but last time I went to the park some older kids stole my ball.”*

**Coaches, the more our kids know how much we care, the more they will care how much we know.**

When we connect, when we show them respect and encouragement, when we communicate well, and when we listen to what they have to say, we build trust and let them know we care. The best way I have found to be a better listener is to start by asking good questions. **And the best thing you can ever ask your players is for them to complete the magic sentence:**

*“One thing I wish my coach knew about me that would help him/her coach me better is...”*

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**“MAKE IT A GREAT DAY +1”**