

Coach/Athlete Interview Worksheet

Instruction: This is a simple, yet effective way to increase ongoing communication between coaches and their athletes surrounding role expectations. Athletes should leave this meeting with a clearer understanding of coach expectations regarding their formal roles on the team. Coaches should leave this meeting with confirmation that the athletes understand and accept their roles.

1. **Identify the formal role that the athlete holds on the team.** For example, captain, midfielder, left-wing, catcher, skip.
2. **As a coaching staff, write down the specific task-relevant role expectations of the athlete in that role.** Be as clear and comprehensive as possible so that when you discuss this with your athlete, the athlete will have a clear understanding of your expectations. Be sure to stay focused on the task relevant expectations and responsibilities.
3. **Give the athlete the “My Role Expectations” sheet (see below) and ask them to complete it before your meeting.**
4. **Schedule a Meeting.** In this meeting the athlete and coach can mutually review what they have each perceived to be the athlete’s responsibilities and recognize any differences or gaps that are present in the two lists. Together they will work through those differences.
5. **BONUS:** The coach and athlete can work together to identify consequences that will result if the athlete does not execute the role expectations, and how this will be communicated by the coach.

***When you ask the athletes their opinions and work with them throughout this process, you are indirectly telling them that their opinion is important; it will help to boost their confidence and give them a sense of autonomy, while enhancing role clarity.

My Role Expectations

My role on the team: _____

What the expectations and responsibilities of me when I am in this role?
