Dr. Alison Hennessy August 2016

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* “What part of the skill are you struggling with?”
* “Remember it takes time to master a new skill! Keep at it!”
* “You are on the right track.”
* “Use some of the strategies and technical coaching points you’ve learned from Mr Burrell.”
* “You are working hard. Have you tried this…”
* “Keep going, you are getting there...”
* “This may take some time and effort.”
* “You haven’t failed unless you stop trying.”
* “C’mon challenge yourself, if it’s too easy it’s not improving you.”
* “Mistakes help you improve.”
* “I need you to move quicker to play the shot, then return to the middle of the court. If you do that, your opponent will be under pressure!”
* “Is this really your best work?”
* “No matter how good you are at performing the skill you can always improve.”

**Growth mindset feedback and praise**