



MATRIX SPORTS ACADEMY

ASK, DON'T TELL

Parent Playbook

WHAT TO DO

Ask:

- What felt good?
- What was challenging?
- What do you want to work on next?

Then **listen**.

TRY THIS (PRACTICE IT)

Ask one question and wait—let your athlete do most of the talking

COMMON MISTAKE

Answering your own questions or leading them to your conclusion

WHY THIS HELPS

When athletes are constantly told what they did right or wrong, they become dependent on external feedback. Asking questions builds ownership, confidence, and decision-making.