

## **INTENTIONAL LEARNING**

**COACHES:** The purpose of this hand out is to help convince players that only through a continuous process of intentional learning can they achieve their maximum potential as players and people.

This means taking every opportunity available, to tap into the knowledge and experience of other players, coaches and administrators who may be able to contribute to their development.

Here are four excellent reasons why they should pursue this course of intentional learning.

1. LEARNING tends to reinforce what you already know, which helps build confidence in yourself.
2. LEARNING can help you realize that what you know may be more important than you thought.
3. LEARNING ties pieces of information together, and unifies knowledge to make it more understandable.
4. LEARNING can help you apply what you already know in other ways, to make it more useful.

## **WHAT TO WANT - A BLUEPRINT FOR LEARNING**

Each player should want;

- a) to find better ways to do their thing.
- b) to experiment with new approaches to see what's best for them.
- c) to recognize that new ways are not comfortable.
- d) to give new ideas a fair test of time and effort.
- e) to talk solutions, not problems.
- f) to use their mind to control their emotions.
- g) to keep what works and discard what doesn't.
- h) to realize that mistakes are the first step to learning.
- i) to remember we avoid learning in order to avoid looking bad and feeling uncomfortable.
- j) to remember that good learners take risks.
- k) to remember that we all tried to walk before we were perfect at it.
- l) to recognize that there is a constant "need to learn" which will last a lifetime.
- m) to be persistent

***FOLLOW THIS BLUEPRINT AND DISCOVER THE POWER OF LEARNING.***