



## Getting the Reps with: USA Volleyball's Karch Kiraly

### Learning to Listen

#### Key Takeaways

- Being a good listener makes you a better learner and a better teammate.
- Everybody you encounter is going to be better at something than you are and you can learn from them.
- Give your full attention to the speaker and avoid distractions. Ask follow-up questions.
- Avoid interrupting and trying to "win" the conversation.

#### Things to Think About

- Why would it be important to listen well, especially on a team?
- When you're talking, how can you tell if someone's listening to you or if they're distracted?
- When someone else is talking to you are you listening to their points or trying to figure out your own response?

#### Ways to Practice

- When your coach, parents or friends are talking to you, pay attention to what's happening in your head. Focus on listening rather than how you're going to respond.
- Catch yourself the next time you interrupt someone. Ask them to finish their thought.

