

8 Habits Coaches Actually Notice

Companion to “Preparation Beats Talent” — for HS, JUCO, D2, D3, NAIA athletes who want real opportunities.

1. No Walking Between Whistles

Coaches notice how you move when the ball is NOT in your hands. Jog on and off the field, between drills, between plays.

Habit: “I’m always ready for the next rep.”

2. Locked-In Body Language

Film shows more than routes and tackles. It shows attitude. Head up, eyes on the game, engaged on the sideline, listening in huddles.

Habit: “My body language says I’m a leader, even when things aren’t perfect.”

3. Celebrate the Right Way

Coaches don’t hate emotion — they hate selfishness. Hype your teammates, don’t make everything about you.

Habit: “I bring energy that lifts the whole team.”

4. Practice Like Someone’s Filming

Most players only lock in on game day. Coaches watch practice, too. Treat practice reps like game reps: full speed, full focus.

Habit: “I’m the same guy on a Tuesday as I am on Friday night.”

5. One Extra Rep Standard

The weight room and conditioning expose your habits fast. Do the work on the sheet... then add one more good rep.

Habit: “I always give a little more than what’s written.”

6. Weekly Grade Check

GPA is a habit, not an accident. Check your grades once a week, fix one assignment, or talk to one teacher.

Habit: “If you give me a standard, I’ll handle it — on the field and in the classroom.”

7. Clean Social Media

Your feed is a 24/7 scouting report. Coaches see drama, constant complaining, wild posts... or they see work, support, and maturity.

Habit: “My social media matches the future I say I want.”

8. Full-Game Effort that Makes Your Film Watchable

Here’s the one most players ignore: full-game film. If you only go hard on highlight plays, your full game tape will expose you.

Coaches want to see you finishing plays even when the ball doesn’t find you, real effort on backside routes, pursuit, blocking, hustle, and a steady motor from snap 1 to the last whistle.

Goal: Make your full game film look as close to a highlight reel as possible — not because you’re forcing big plays, but because your effort never drops.

Habit: “I don’t look lazy on film. Every play tells the same story: I compete.”

Bottom line:

Preparation beats talent. Habits beat hype. Build these 8 habits now so when a coach turns on your film, they see someone they can trust.

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