
FREE GUIDE:

8 essential pronunciation tips for athletic coaches and trainers

1 Stress the Right Syllable

Many English words have one syllable that is stressed. To stress a syllable, make it louder, longer, and higher in pitch. Example: EXercise, athLEtic

2 Slow Down your Speech

Speaking quickly can make it very difficult to be understood. Slow down to the point where you think it's too slow. Trust me, it will be the perfect speed!

3 Don't Pause between Words

Focus on connecting your words together. Do not pause between words unless it is at a natural spot, such as where a comma would be or at the end of a sentence.

4 Pronounce Ending Sounds

Make sure to pronounce the last sounds in words clearly even if they are in a consonant cluster. Example: "slept"

5 Emphasize Important Words

Place stress on the most important words in your message. Rush through the other words. Example: FOLLOW THROUGH on your SWING

6 Learn Specific Coaching Words

Don't waste time practicing words you won't use. Make a list of the words you use the most and practice them until they feel natural.

7 Record Yourself Speaking

When giving instructions or talking strategy, record yourself. Identify the features that you want to change and practice them a few times every day.

8 Find a Practice Partner

Identify someone who could help keep you accountable. From helping you practice to pointing out pronunciation mistakes, having an encouraging partner is extremely helpful.. and more fun too!

WANT PERSONALIZED FEEDBACK?

Book a free assessment session to learn how I can help you master your English pronunciation: [Book now](#)

Common Coaching and Training Words

PRACTICE GUIDE

Here are 10 groups of 3 words each that contain noun, verb, and adjective forms of common coaching and training words and their written pronunciations. Click [here](#) for the audio file to listen to their pronunciations.



Analysis = /uh - NAE - luh - sihs/
Analyze = /AE - nuh - liz/
Analytical = /AE - nuh - LIH - duh - kuhl/



Offense = /AH - fehns/
Offend = /uh - FEHND/
Offensive = /ah - FEHN - sihv/



Stability = /stuh - BIH - luh - deee/
Stabilize = /STAY - buh - liz/
Stable = /STAY - buhl/



Critic = /KRIH - dihk/
Criticize = /KRIH - duh - siz/
Critical = /KRIH - duh - kuhl/



Innovation = /ih - nuh - VAY - shuhn/
Innovate = /IH - nuh - vayt/
Innovative = /IH - nuh - vay - dihv/

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Application = /ae - pluh - KAY - shuhn/
Apply = /uh - PLI/
Applicable = /uh - PLIH - kuh - buhl/



Preparation = /preh - per - RAY - shuhn/
Prepare = /pruh - PAIR/
Preparatory = /PREH - puh - ruh - TOR - ree/



Transformation = /traenz - fer - MAY - shuhn/
Transform = /traenz - FORM/
Transformative = /traenz - FOR - muh - dihv/



Resistance = /ruh - ZIH - stihns/
Resist = /ruh - ZIHST/
Resistant = /ruh - ZIH - stihnt/



Intention = /ihn - TEHN - chihn/
Intend = /ihn - TEHND/
Intentional = /ihn - TEHN - chih - nuhl/

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