



2 minute drill

for coaches



monthly tips from Positive Coaching Alliance

The Big Three & Rule Number One

Expectations are set at the first practice and can be difficult to change once set in players' minds. Tell players you're excited about coaching **them**, that you want **them** on your team. Then explain your goals for the season:

- Goal #1 – Have fun!
 - If you're not having fun, you won't play your best.
- Goal #2 – Try your hardest!
 - Trying hard and having fun are entwined so if we try hard, we'll have more fun and perform better.
- Goal #3 – Be a good sport!

Rule #1 – On this team it's okay to make a mistake. You can't learn anything new without making mistakes. I want you to *learn* and that means *making mistakes*.

adapted from *Positive Coaching in a Nutshell*



To purchase books by PCA Executive Director Jim Thompson, please visit:
<http://www.balancesportspublishing.com/Books/tabid/364/Default.aspx>