



monthly tips from Positive Coaching Alliance

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Receivable Feedback With Kid-Friendly Criticism

Criticism and correction are important to learning, but they often drain people's tanks, which decreases their capacity to learn. *Kid-Friendly Criticism* provides players with useable information that empowers them to improve while minimizing tank draining. Here are some practical ways to give players *Kid-Friendly Criticism*:

- **Avoid non-teachable moments**

Discipline yourself after a tough loss or a painful mistake. Wait until the emotion has dissipated before giving feedback.

- **Criticize in private**

Anyone can be embarrassed by public criticism, so wait until you can give a player feedback in private. Praise in public; criticize in private.

- **Ask permission**

Asking permission makes criticism easier to hear and apply. "Lindsey, I noticed something that might improve your ability to field ground balls. Are you open to hearing it?"

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- **Use If-Then statements**

"IF you bend your knees more, THEN it will be easier to get your glove on the ground so you can field the ground ball."

adapted from *The Power of Double-Goal Coaching* by Jim Thompson

To purchase books by PCA Executive Director Jim Thompson, please visit:
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Panning Back

Filmmakers use a technique that can help parents remember their role as Second-Goal Parents™. It's called "panning back," which is the opposite of zooming in for a close-up.

The close-up is how our children perform on the playing field. The big picture is what they learn from participating in the youth sports experience that will help them in the rest of their lives.

We see our children failing to make plays and we're upset, but then we pan back and see the big picture: this is an opportunity to develop mental toughness and learn how to bounce back.

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Triple-Impact Competitors Focus on "Better"

Triple-Impact Competitors are committed to making themselves, those around them, and the game better. They realize this is not always easy and requires the help of others. Here are two suggestions you can implement right away to help you become **better**.

- **Develop a *Teachable Spirit***

Triple-Impact Competitors commit themselves to learning from others, especially their coaches. They know feedback and constructive criticism will help them develop their skills so they can perform at their highest levels.

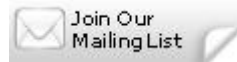
- **Become a Sponge**

Triple-Impact Competitors learn to be sponges. Just as sponges absorb things they come into contact with, competitors absorb everything they can from coaches, opponents, teammates, and athletes they see on television.

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PCA is a non-profit committed to transforming youth sports so that all athletes through high school age can benefit from the life lessons that are uniquely available through sports.

If you value the ideas, tips, and insights we share in this *2 minute drill*, kindly consider [donating to PCA](#).



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