



2 minute drill

for athletes



monthly tips from Positive Coaching Alliance

End Practice With a “Closing Ritual”

Team practices provide a unique environment defined by your team’s culture. A “Closing Ritual” signals the end of practice and gives you a boost as you move to the next part of your day.

Consider using the following talking points with your teammates to make the most of your team’s closing ritual:

- How did practice go today, on a scale of 1 to 10?
- What did we like most about practice today? Why?
- Where did we show the most improvement today?
- What should we work on to improve during our next practice?

adapted from *The Double-Goal Coach* by Jim Thompson

