



# 2 minute drill for coaches



monthly tips from Positive Coaching Alliance

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## The “Discipline of Positive Coaching”

There are few activities as difficult as maintaining a positive attitude when things go wrong – as they will from time to time. Television and radio commentators often talk about coaches being “tough” by yelling at their players. The next time you think about demonstrating how “tough” you are by yelling at your players consider these thoughts:

- There’s nothing tough about getting negative when things don’t go your way. If so, we would consider any three-year-old who throws a tantrum to be “tough.”
- A truly disciplined coach is one who can provide emotional support to an athlete who just blew an “easy” play.
- A disciplined coach remains cool while analyzing the situation that contributed to a mistake.
- True mental toughness is exhibited by remaining positive in the face of adversity.

adapted from *Positive Coaching* by Jim Thompson



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