



2 minute drill

for athletes



monthly tips from Positive Coaching Alliance

The Buddy System

Wouldn't it be wonderful if you played on a team of players who filled each other's Emotional Tanks? This is very achievable if you become a regular user of the Buddy System at practice.

At the beginning of practice, mentally select one player as your partner for the day. Your job is to fill his/her E-Tank during practice. Look for things your partner is doing well and acknowledge him/her for it.

Remember to say things that are specific AND truthful or it won't mean anything. For example, if your teammate makes a nice pass, you might say, "Good pass! Nice job entering the ball into the low post."

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



to purchase this and other books by PCA Executive Director Jim Thompson, please visit:
<https://www.positivecoach.org/store>