



2 minute drill

for athletes



monthly tips from Positive Coaching Alliance

The Magic Ratio

People, specifically your teammates (and your coaches), perform better when their emotional tanks are full.

Research shows about five Emotional Tank-fillers for every criticism is optimal for motivation. Keep mental track of tank-fillers and criticisms you deliver during a practice. You will be amazed at how many criticisms you hand out.

Once you get to 5:1 (truthful and specific praises), you'll see why it's called the Magic Ratio. Your teammates will be so pumped they'll do things they never thought were possible.

Remember, the kinds of things that fill tanks are praise (truthful and specific), reinforcing positives, listening and nonverbal actions (nodding, clapping, smiling, high 'fiving'). Criticisms, corrections, ignoring and nonverbal actions (shaking your head, frowning, rolling your eyes) are things that tend to drain tanks.

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>