



# 2 minute drill

*for athletes*



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monthly tips from Positive Coaching Alliance

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## Honor Your Opponent

We believe a worthy opponent is a gift. You aren't challenged to do your best unless you have someone pushing you. That's why runners always want a fast runner in their heat – so that person will push them to be their best – maybe to achieve a personal record.

You should always try to play Fierce and Friendly by competing as hard as you can, without demonizing or hating your opponent. After a hard tackle in football, extend your hand to help the opponent up off the ground.

Players can be gracious and friendly after the game, even after the most hard fought competition.

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>