



2 minute drill

for coaches



monthly tips from Positive Coaching Alliance

The Buddy System

Wouldn't it be wonderful if you had 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, tell your players to pair up with a partner. Their job is to fill the E-Tank of their partner or buddy during practice. They should look for things their partner is doing well and acknowledge them for it.

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

Toward the end of practice, ask them to share how they got their E-Tanks filled by their teammate.

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



to purchase this and other books by PCA Executive Director Jim Thompson, please visit:
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