



# 2 minute drill

*for coaches*



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monthly tips from Positive Coaching Alliance

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## The Magic Ratio

Research shows about five Emotional Tank-fillers per criticism is optimal for motivation. Keep track of tank-fillers and criticisms during a practice with pluses and minuses on a piece of paper (or your hand!).

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 athletes will be so pumped they'll do things you would have thought were impossible.

Remember, the kinds of things that fill tanks are praise (truthful and specific), reinforcing positives, listening and nonverbal actions (nodding, clapping, smiling). Criticisms, corrections, ignoring and nonverbal actions (frowns) 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>