



2 minute drill

for parents



monthly tips from Positive Coaching Alliance

The Buddy System

Wouldn't it be wonderful if your child played on a team of players who filled each other's Emotional Tanks? This is very achievable if you regularly model the Buddy System at games.

Each game make a point of filling the E-Tanks of all the players on the team, not just your child. Look for things each player is doing well and acknowledge them.

Remember to say things that are truthful and specific – or it won't mean anything to the players. For example, "Great effort Sam! You really hustled after that loose ball." The more you model this for your child, the greater chance he or she will copy you!

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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