



# 2 minute drill *for athletes*



monthly tips from Positive Coaching Alliance

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## Plan A, B and C

Even the best athletes are “in the zone” only a small percentage of the time, so they must create a backup plan to still be effective in competitions.

First, identify your strongest abilities... this is your Plan A. In basketball, maybe you're a really good shooter. Imagine a game in which the opponent is playing great defense or your shot is a little off.

What would be your backup plan to still be competitive? The answer is your Plan B. Maybe you drive to the basket or look to pass to teammates.

If for some reason your Plan B is ineffective, you'll need a backup to your backup plan... this is your Plan C. Perhaps you'll need to concentrate on defense and rebounding. Rather than continuing to do the same thing expecting different results, have a Plan A, B, and C when you compete so you're prepared for various situations.

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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