



2 minute drill

for coaches



monthly tips from Positive Coaching Alliance

Futility of Punishment

Punishment eats away at motivation. When kids are punished or yelled at, their emotional energy is used up by being angry, feeling sorry for themselves, or thinking up reasons why the coach is wrong. Punishment may stop bad behaviors, but rarely leads to good new ones.

It takes positive reinforcement and recognition to get children to try something new, such as fielding bad hops without turning their head or shooting a lay-up with their off hand even if they miss the shot at first.

Dolphin trainers rely exclusively on positive reinforcement. Punishment doesn't work with dolphins as they withdraw and refuse to perform. Kids are like dolphins: positive works better.

adapted from *Positive Coaching in a Nutshell* by Jim Thompson



To purchase this and other books by PCA Executive Director Jim Thompson, please visit:
<https://www.positivecoach.org/store>