



2 minute drill

for athletes



monthly tips from Positive Coaching Alliance

Great Competitors and Challenges

Outstanding competitors relish challenges. They want to compete at a level that pushes them to their best. In order to prepare for this, athletes need to practice beyond what feels comfortable. Here are some tips for preparing yourself to be a great competitor:

- When you feel you can't go any faster, push a little harder!
- When you think you can't finish a drill, keep going!
- Keeping it easy won't support you or your team.
- Be patient and know that what feels uncomfortable now will become routine with practice.

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



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