



2 minute drill

for athletes



monthly tips from Positive Coaching Alliance

W.A.G.

We use ‘WAG’ to remember the ways that we can improve ourselves:

- **W** is for **Watch**. You can learn a lot by watching someone do something that you want to learn how to do. It might be a teammate or an athlete on TV. Watch, and try to figure out how they do what they do. Once you have an idea, you can go out and practice it.
- **A** is for **Ask**. If you’re not sure about something you’ve seen, ask someone you’ve seen perform that feat how to do it yourself. If he or she doesn’t want to tell you, don’t let that keep you from asking someone else. Eventually, you’ll find someone who will tell you. Then you can go out and practice.
- **G** is for **Get Coaching**. Sometimes, even after you’ve watched, asked, and practiced a skill, it still may not come easily. You may need some extra help in the finer points of the skill. In that case find a player or a coach to give you that extra help by asking, ‘Show me how you do that.’

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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