



2 minute drill

for athletes



monthly tips from Positive Coaching Alliance

Respecting Officials

We Honor the Game by respecting officials simply because it's the right thing to do.

Officials work hard to learn the rules of a sport and administer them fairly during competition. Always show respect for officials, even at times when you disagree with a particular call. Without the officials you wouldn't have games to play in. Take time to shake their hand and thank them for the job they do.

Ask your coach if your teammates can take turns playing the role of the official during practice. This will help you all better understand how it feels to be in the official's shoes.

adapted from PCA's *Triple-Impact Competitor Workshop*



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