



2 minute drill

for coaches



monthly tips from Positive Coaching Alliance

Making The Most of Mistakes

Fear of making a mistake is a paralyzing force that robs athletes of spontaneity, love of the game, and a willingness to try new things. When coaches accept mistakes as part of learning, their athletes gain the psychological and emotional freedom that unlocks the learning process.

Think twice about removing players immediately after a mistake - you are saying it's not ok to make a mistake. Take a few minutes before subbing out a player if you do not want them to think they are getting pulled for making a mistake.

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



to purchase *Positive Coaching in a Nutshell* and other books by Jim Thompson, please visit:
<https://www.positivecoach.org/store/Default.aspx>