



# 2 minute drill *for athletes*



monthly tips from Positive Coaching Alliance

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## Window vs. Mirror

Athletes can help make their teammates better not only by filling emotional tanks, but also by sharing useful information with them. Athletes who are concerned only with their own performance metaphorically “look into a mirror.” That is, they see only themselves and are reluctant to look beyond their own interests to help their teammates. When substituted for during a game, they might complain and hope their replacement does poorly so they can get back into the game.

By contrast, Triple-Impact Competitors are leaders who “look through a window” and share what they see with teammates to help them improve. A Triple-Impact Competitor might come out of a game and share an opponent’s offensive tendencies to his sub, or in practice, he might share a suggestion to help a teammate improve a particular skill.

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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