



2 minute drill *for coaches*



monthly tips from Positive Coaching Alliance

Stretch Goals

Stretch Goals go a little beyond what players think they can do, but are reachable with effort over time. Whether players achieve them or not, they will learn the benefits of reaching beyond expectations and will more likely do better than if they only set easily achievable goals. Stretch goals should be revisited regularly to ensure they are not so ambitious that they discourage players. When stretch goals are properly set, they become “Just-Right Challenges” that players are excited to achieve.

adapted from *The Double-Goal Coach* by Jim Thompson



To purchase this and other books by PCA Executive Director Jim Thompson, please visit:
<https://www.positivecoach.org/store>