



# 2 minute drill

## *for coaches*



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monthly tips from Positive Coaching Alliance

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## Coaching your Own Child

If you coach your child's team, you must recognize that you wear two hats. One hat is for your role as parent, and the other is the coach's hat.

Explain your two hats to your child before the season and tell him that you will need to treat him just like everyone else on the team when you are wearing your coach's hat. Assure him that when you put your parent hat back on, he is the most important person in your life (along with your other family members).

You may find it useful to ask an assistant coach for an objective evaluation of whether you're treating your own child fairly compared to the other players on the team. Also, consider having an assistant be the position coach for the position your child plays while you work with other kids on the team to minimize potential conflict and the appearance of favoritism.

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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