



# 2 minute drill

*for coaches*



---

monthly tips from Positive Coaching Alliance

---

## Productive practices

Athletic contests are most often determined by players' habitual responses. There isn't time to think things through. The only way to learn a skill well enough to use in a pressure situation is to over-learn it through repetition. Effective practices get kids the repetitions they need to make the appropriate response a habit.

In addition, if practice isn't fun, few kids are going to improve much, nor are they going to keep playing the sport. One technique for adding fun and motivation to a practice is to temporarily *reduce the level of play*. Older baseball players love hitting off a tee and it's a great way for them to work on their swing. Shorten the playing field in soccer to increase the intensity and fun.

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



for more *Positive Coaching in a Nutshell*, please visit  
[www.NutshellBook.org](http://www.NutshellBook.org)