2 minute drill *for coaches*

monthly tips from Positive Coaching Alliance

Self-Control Routine

Double-Goal Coaches® help develop their athlete's character by modeling behavior that Honors the Game. No matter how much you intend to Honor the Game, there will be moments as a coach when you feel yourself losing your temper. Having a specific routine that you have rehearsed in advance can help you keep your cool.

Your routine could include:

- Counting to ten in your head
- Moving further away from the field
- Taking deep breaths
- Drinking from your water bottle
- Checking in with an assistant coach whom you trust to help you stay calm

Practice your routine while you're watching sports on TV, during rush hour traffic, or at other times when you feel that you might let your emotions control your behavior. As in many other aspects of sports, practice makes perfect!

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

POSITIVE COACHING ALLIANCE®

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