



# 2 minute drill

*for coaches*



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monthly tips from Positive Coaching Alliance

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## Teachable Moments

In general, games are for implementing things that have already been taught and practiced. Usually there is so much tension in any game that is closely contested, that players won't have a lot of extra emotional energy to learn something new.

Record things in games that you want to teach your players at the next practice and focus on filling their Emotional Tanks during the game.

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



for more PCA resources visit:

<http://www.positivecoach.org/subcontent.aspx?SecID=393>