



# 2 minute drill

*for coaches*



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monthly tips from Positive Coaching Alliance

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## The Power of Conversation

There is a big difference between team-meetings-as-lectures and team-meetings-as-conversations. As coaches, we sometimes talk *at* our players too much.

When a coach engages players in conversation, she is treating them like equals and showing that she cares what those players think. This is a big tank filler, which contributes to better performance. Children are more likely to absorb the lessons of Positive Coaching if they are participants in the discussion rather than passive listeners.

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



to purchase *The Double-Goal Coach* and other books by Jim Thompson, please visit:  
<https://secure.positivecoach.org/store/Default.aspx?SecID=98>