



2 minute drill *for athletes*



monthly tips from Positive Coaching Alliance

L is for Learning

As a Triple-Impact Competitor, it is important to learn every day and to strive for constant improvement – on and off the playing field. Top competitors go into every practice session and contest with specific and measurable learning goals. Try this routine before and after your next practice or competition:

- Think about what you want to learn
- Write it down
- Reflect on your learning

Become a student of the game, especially your own!

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



To purchase books by PCA Executive Director Jim Thompson, please visit:
<http://www.balancesportspublishing.com/Books/tabid/364/Default.aspx>