



2 minute drill

for parents



monthly tips from Positive Coaching Alliance

Panning back

There is a technique from filmmaking that can help parents remember our role as Second-Goal parents. It's called "panning back," which is the opposite of zooming in for a close-up.

The close-up is how our children perform on the playing field. The big picture is what they learn from participating in the youth sports experience that will help them in the rest of their lives.

We see our children failing to make plays and we are upset, but then we pan back and see the big picture: this is an opportunity to develop mental toughness and learn how to bounce back.

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



for more PCA resources visit:

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