



# 2 minute drill

*for parents*



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monthly tips from Positive Coaching Alliance

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## Nurturing Great Competitors

We've all seen parents and coaches determined to make their kids into superstars, but it just doesn't work! You can only nurture their development as great competitors.

Outstanding competitors are driven by internal motivation rather than external rewards such as prizes or status. Internal passion for a sport can unleash super performance.

Teach internal motivation! Tell athletes that for them to be the best they can be, they need to be internally motivated. Encourage your child to work hard at practice because they choose to do so, not just to please you. Tell them that they're more likely to be great athletes if they love the sport and have fun with it.

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



for more *Positive Coaching in a Nutshell*, please visit  
[www.NutshellBook.org](http://www.NutshellBook.org)