



# 2 minute drill

*for athletes*



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monthly tips from Positive Coaching Alliance

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## Great Competitors and Challenges

Outstanding competitors relish challenges. They want to compete at the level that will push them to be their best, not at a level where they can succeed without risk. They want to be on the spot at the end of the game -- shooting the game winning free throws or driving the ball past the goal-keeper in the shoot-out. In order to prepare for this an athlete needs to practice beyond what feels comfortable. When you feel you can't go any faster, push a little harder! When you think you can't finish a drill, keep going! What feels difficult and challenging facilitates growth. Keeping it easy won't support you or your team. Be patient with yourself and know that what feels uncomfortable now will become routine with practice.

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



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