

2 minute drill *for parents*

monthly tips from Positive Coaching Alliance

Great Competitors and Challenges

Outstanding competitors 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 respond to a challenge with greater effort and are energized by it. Parents often sympathize with their child when their young athlete is pushed beyond what feels comfortable. Acknowledge your child by recognizing that improving a skill is not always easy and that's the good news! When athletes are uncomfortable or finds things difficult, it means they're growing. If a skill or strategy is too simple, there's no evolution. Encourage patience and persistence, not only on your child's part, but also on your own. What feels uncomfortable in the short run will be easy and doable in the long-run, and that's a valuable life lesson to acquire.

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



to purchase *Positive Coaching in a Nutshell* and other books by Jim Thompson, please visit:
<https://www.positivecoach.org/store/Default.aspx>