



# 2 minute drill

*for coaches*



---

monthly tips from Positive Coaching Alliance

---

## Great Competitors and Challenges

Outstanding competitors, in general, 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. As a result coaches must organize practices to include drills, situations, and plays that push athletes beyond what's comfortable, so that they stretch themselves. The result? An athlete engaged in practice because it requires the athlete's concentration and interest. In addition, you will get athletes who are conditioned to exert themselves beyond what's comfortable in game-time situations. Be creative – set up appropriate challenges that honor an athlete's potential and facilitates his or her growth.

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>