



2 minute drill

for coaches



monthly tips from Positive Coaching Alliance

Athlete Teaching

We often think we know something until we try to teach it. It's when we teach someone else that we really learn. When you teach a new skill, ask players to teach each other.

1. Explain and demonstrate the skill to the entire group.
2. Ask players to pair up to demonstrate to each other.
3. Tell players to encourage each other as they work.
4. Wander to see who needs feedback. By giving advice in private, the pair will be more open than if given in front of the whole group.
5. Ask for volunteers to demonstrate to the group.

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



**for more *Positive Coaching in a Nutshell*, please visit
www.NutshellBook.org**