



2 minute drill *for coaches*



monthly tips from Positive Coaching Alliance

The Power of OPO

One reason coaches, in the heat of competition, act in win-at-all-cost ways is because of OPO... other people's opinions.

People tend to evaluate coaches by their win-loss record. PCA recommends evaluation based upon whether you seize teachable moments to teach life lessons, get reluctant players to improve, and have practices kids can't wait to come to.

You can lessen the power of OPO by writing down what you are willing to sacrifice in order to win and what you are not willing to do. It's especially important to write down goals that may, in fact, make it harder to win (e.g., getting your weaker players playing time.)

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



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