



2 minute drill

for coaches



monthly tips from Positive Coaching Alliance

L is for Learning

The second “branch” on the *ELM Tree of Mastery* is L for learning. As Double-Goal Coaches®, we want our players to continue to learn and improve every week in practice or competition. Yet do we hold ourselves to the same standard? The great coaches do.

Some say a team is a reflection of its coach. Double-Goal Coaches lead by example. Show your players you are a student of the game by discussing what you learned from reading a recent book or article on your sport. Let your players know when you attend camps or clinics and share your top learnings with them.

Effective practices reflect your learning as a coach. Planning dynamic practices takes commitment and hard work. Make a commitment to organize the best practices you can!

adapted from *The Double-Goal Coach* by Jim Thompson



to purchase *The Double-Goal Coach* and other books by Jim Thompson, please visit:
<https://www.positivecoach.org/store>