

TECHNIQUES 1

- Effective Praise... and the kind that works against you
- Feedback Sandwich... direction as the burger
- Everything matters... set the big goal then back it down to the hourly, daily, weekly goal (every practice meets some goals)
- Assess progress and development regularly especially after competitions
- Use anger for progress

TECHNIQUES 2

- Teach body/mind techniques. Sports breath / squeeze breathe
- Rehearse competition and steps to manage excitement and fear
- Rehearse again
- Take time to laugh and relax with your athletes
- Help your athletes learn to trust you

BUILDING CHARACTER THROUGH COACH PARENT PLAYER COMPACT

- Integrating information on temperament style, physical growth, cognitive development helps with commitment, confidence, and competitiveness
- Well trained coaches make a huge difference for players and parents
- When adults work as a team with youth, society wins