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# POSITIVE COACHING CHALLENGE

# DAY

 Give 10 compliments throughout your practice.	Bring 3 players into your office individually and let them know you appreciate their leadership. 	 Grade yourself on a scale of 1-10 on how positive you were after practice. Think about why you didn't give yourself a 10	After practice, tell your team your favorite moment from the practice. Explain why it is your favorite. 	 Hold open office hours after practice where your players can vent their frustrations & you can help.
Take 30 minutes before practice ends to play a game w/ your team. 	 Have your players write down 3 things they love about their team.	Only concentrate on the positives for an entire practice. 	 Concentrate on your body language and ensure it's positive throughout an entire practice/game.	Focus only on the present day. Don't bring up anything from the past or future for the entire day 
Tell your players a story about a life lesson you learned from a mentor of yours. 	 Give yourself a break today. Have the majority of your drills/practice be run by your assistants.	Think about a person that inspires you. Make a special effort to embody the qualities you admire. 	 Evaluate each player on your team. Are they inherently positive or negative? Chat w/ each of them about it.	Evaluate the thoughts that came to your head during practice. Were they positive or negative? 
 Think of 3 positive thoughts before practice. Flood your consciousness with them.	Reach out to three people that have influenced you in your coaching & let them know you appreciate them. 	 Make a big deal about all of the positives that happen throughout practice.	Don't let any player get down on themselves today. Pick them up when they show any sign of being down. 	 Let everyone in your program know they're appreciated. Players, coaches, parents, etc.