



2 minute drill *for athletes*



monthly tips from Positive Coaching Alliance

Self-Control Routine

Triple-Impact Competitors™ strive to Honor the Game no matter what their opponents do or what happens during a game. But, no matter how much you intend to Honor the Game, there will be moments during a competition when you feel yourself losing your temper. Having a specific routine that you have rehearsed in advance can help you keep your cool.

Your routine could include:

- Counting to ten in your head
- Walking away from a confrontation
- Focusing on what you must do next in the game
- Taking deep breaths
- Asking for a sub so you can calm down
- Checking in with a teammate whom you trust to help you stay calm

Practice your routine while you're watching sports on TV, at practice, or at other times when you feel that you might let your emotions control your behavior. As in many other aspects of sports, practice makes perfect!

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



To purchase this and other books by PCA Executive Director Jim Thompson, please visit:
<https://www.positivecoach.org/store>