

Best Practices—Use a Positive Approach

Submitted by:

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Develop a Positive Approach

- ▶ *Reward power*
 - Give plenty of rewards and encouraging statements—the best rewards are free (e.g., verbal praise, smile, friendly nod)
 - Give rewards sincerely, immediate, and contingent upon performance—let players know when you see them do things right
- ▶ *Have realistic expectations*—young players are not miniature adults; consider developmental differences within age groups
- ▶ *Reward effort as much as outcome*—outcome oftentimes is out of the players' control; players can control how much effort they put forth
- ▶ *Reward technique/performance, not just outcome*—many players' skills will improve over the season and they may still not win
- ▶ *Use the “sandwich” approach to correcting errors*
 - Compliment and encourage—find something the player did right; “Good stance, Johnny”
 - Future-oriented instruction—provide some information on how to do it right; “Next time drive with your legs to get across the line faster”
 - Positive statement—tell the player something positive to inspire him/her to continue to work hard; “We will work on that tomorrow at practice”