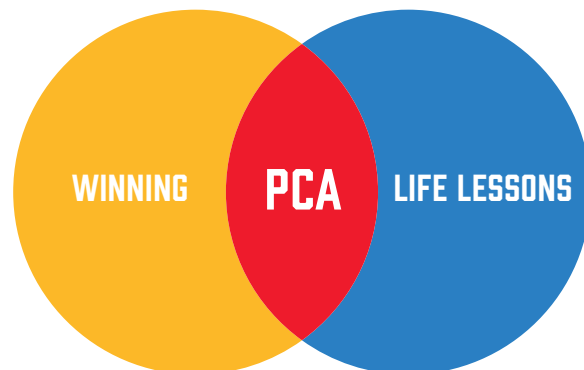


PCA'S COACH MODEL: THE DOUBLE-GOAL COACH[®]



At PCA, we say that a positive coach is a **Double-Goal Coach**. The first goal is **striving to win**. The second, and even more important, goal is **teaching life lessons**.

It is this second goal that distinguishes a positive coach from a win-at-all-cost coach. Both want to win, but only one cares about teaching the right life lessons through sports.



A Double-Goal Coach uses **three main principles** to prepare athletes to win on the scoreboard while intentionally teaching life lessons:

THE ELM TREE OF MASTERY



Double-Goal Coaches coach for mastery – focusing on getting better rather than focusing on simply winning – and recognize that winning is a by-product of moving athletes along the road to mastery of their sport. PCA uses the acronym ELM for Effort, Learning and Mistakes are OK. Athletes who are coached toward Mastery tend to have reduced anxiety and increased self-confidence, because they focus on things they can control.

FILLING EMOTIONAL TANKS



An "Emotional Tank" is like the gas tank in a car. When it's empty, we go nowhere; but when it's full, we can go most anywhere. The best fuel for an Emotional Tank is an average of five specific, truthful praises for each specific, constructive criticism.

HONORING THE GAME



To help remember the ideals of sportsmanship, which PCA calls "Honoring the Game," we talk about respecting ROOTS, an acronym for Rules, Officials, Opponents, Teammates and Self.



BETTER ATHLETES
BETTER PEOPLE

Double-Goal Coach®

Coaching for Winning and Life Lessons

Key Points

Chapter 1: The Principles of Positive Coaching

- Positive coaching helps athletes enjoy the experience, play better, and win more.
- PCA believes the purpose of youth, high school, and collegiate sports is to develop "Better Athletes, Better People."
- A positive sports experience is all about culture: "the way we do things here."
- The Development Zone includes leaders, coaches, parents, and athletes who all focus on creating and defending organizational culture.
 - Double-Goal Coaches: focus on winning and teaching life lessons
 - Second-Goal Parents: focus on reinforcing life lessons
 - Triple-Impact Competitors: athletes who make themselves, their teammates and their sport better.

Chapter 2: The ELM Tree of Mastery

- Scoreboard definition of success: results, comparisons to others, mistakes are not OK
- Mastery is: effort, learning, mistakes are OK
- Remember the mastery definition by thinking of the ELM Tree of Mastery.
- The mastery approach helps you focus on what you can control, which leads to self-confidence, which leads to working harder and practicing longer.
- Tools for creating a mastery climate:
 - Maximize effort by rewarding unsuccessful effort
 - Avoid seeing talent as fixed - build a growth mindset instead
 - Make effort goals a part of your team culture
 - Create a mistake ritual

For more Resources, visit: www.PCDevZone.org
For more information on Positive Coaching Alliance, visit: www.PositiveCoach.org



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Chapter 3: Filling the Emotional Tank: Importance & Tools

- A full Emotional Tank can help kids be more optimistic and coachable and deal better with adversity.
- Fill your players' Emotional Tanks by giving truthful and specific praise, expressing appreciation, listening to your players, and using positive nonverbal actions.
- 5:1 is the Magic Ratio of tank fillers to criticisms.
- Make corrections in a way that's receivable - and least likely to drain their Emotional Tanks.
- Tools for filling the Emotional Tank:
 - Increase +/- ratio
 - Buddy system
 - Positive charting
 - Winner's circle

Chapter 4: ROOTS

- Create a team culture in which Honoring the Game is paramount.
- Honoring the Game gets to the ROOTS of positive competition.
- ROOTS stands for Rules, Opponents, Officials, Teammates and Self.
- Honoring the Game doesn't just happen. Coaches have to make it happen by creating their own team culture.
- Team culture is "the way we do things here."
- Tools to help athletes and coaches Honor the Game:
 - Model and teach Honoring the Game
 - Use narrated modeling to make your point
 - Develop a self-control routine
- Tools to help parents Honor the Game:
 - Set the table with a parent-guardian letter and meeting
 - Appoint a culture keeper
 - Intervention strategies