

TALKING POINTS

by POSITIVE COACHING ALLIANCE

WEEK SEVEN: BOUNCING BACK FROM MISTAKES

- One of the ways a **Triple-Impact Competitor**® makes him or herself better is to learn to bounce back quickly from mistakes. Every athlete, even great ones, makes mistakes, but great athletes know how to bounce back from mistakes.
- **It is better to make a mistake than to be afraid of making a mistake.** If you are afraid of making a mistake, you won't play your best because you will be tentative. If you make a mistake, you can recover from it and do better on the next play.
- On this team it is okay to make a mistake. John Wooden, one of the greatest coaches of all time said, "The team that makes the most mistakes will probably win." He knew that players who are afraid to make a mistake will not play their hardest.
- When athletes make mistakes they often hang their heads and get discouraged. This isn't good because then they are not ready for the next play. The most important play in a game is always the next play. If you hang your head after a mistake, you are not getting ready for the next play.
- We're going to use a **Mistake Ritual** to help us focus on the most important play – the next play. When someone on this team makes a mistake, we are going to flush that mistake down the toilet by making a flushing motion with our hand.
- We are also going to tell the person who makes a mistake, "That's okay. Flush it! Get ready for the next play." Let's practice making the flush motion.

Discussion Points

- **Why is it bad to be afraid of making a mistake?**
- **Do you think it might feel funny to use the flush in a game? Can you try it even if it does feel funny at first?**
- **Do you think using a Mistake Ritual will help you to keep trying hard and focus on the next play? Why?**

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