

TALKING POINTS

by POSITIVE COACHING ALLIANCE

WEEK TWO: TEACHABLE SPIRIT

- Sports is about more than winning on the scoreboard. It's about helping you become better people who will be successful in life after you are done with sports. We want you to fulfill your potential as individuals who will make the world a better place.
- The way we will do that is through helping you become a Triple-Impact Competitor®. A Triple-Impact Competitor improves oneself, teammates and the sport as a whole by the way he or she competes.
- Having a "teachable spirit" is the key to becoming a Triple-Impact Competitor. A Triple-Impact Competitor is a sponge.

A sponge absorbs all the liquid around it. We want you to develop a teachable spirit. We want you to always be looking to learn something new that can make you a better player and us a better team.
- The person with a teachable spirit is curious. We want you to be curious. If you don't know how to do something, **WAG** your way through it.
 - 1) **W**atch someone who knows how to do it.
 - 2) **A**sk someone to teach you or show you how.
 - 3) **G**et coaching. Ask someone to be your coach as you try to learn it.
- We want you to develop the habit of someone who is always hungry to learn and get better. That means developing the habit of having a Teachable Spirit.

Discussion Points

This week I want you to ask at least one question every practice. Let's start right now. Find a partner and share something that you want to learn to do better this week. Think of something you want to get better at and tell that to your partner.

➤ **tell us what you want to learn this week:**

➤ **How will you show your "Teachable Spirit" at practice this week?**

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