

Recognizing good behaviour and actions

By publicly recognizing good behaviour and actions, you create a team culture where the other athletes will also want to repeat the positive action.

HOWEVER...

As coaches, we universally stink at this.

If you go to any field, rink, court, gym, or diamond I'll bet you'll hear coaches making a big deal out of mistakes with their athletes.

Rarely do you observe a practice and hear a coach point out good performance "louder" than poor performance.

In the Masters of Motivation course, we teach that there are 3 ways to "reward" an athlete for good performance:

- 1) Tangible rewards (medals, athletic letters, stickers)**
- 2) Communication rewards (praise, publicity, smiles, thumbs up)**
- 3) Activity Rewards (playing a game instead of doing a drill, getting to take a short rest, being able to keep playing in a game)**

It's a good idea to use ALL 3 types of rewards as part of your motivation strategy.

Some kids will do ANYTHING for a tangible reward others could care less about earning a medal.

Some kids grow up in very critical households, so having a coach say they did something amazingly well will keep them working at their full potential day in and day out.

And finally, some kids love to be singled out and given an activity reward in front of their peers.

Can you see how this three-pronged rewards approach might help your coaching?

It's way more fun to reward a kid doing something correctly than one doing something wrong (for you and the kid).