

# PANTHERS COACHES CORNER

February 5, 2010

***\*\* Develop a team physical greeting that strengthens the culture of the team. This can be a fist tap, a fist bump, high-five, or other simple greeting the team creates. Having a specific way of physically greeting each other helps players feel more connected to their teammates.***

All of our teams do this but finding something special that means something to your particular team is key.

## **Monthly Tip from the Positive Coaching Alliance**

Doc Rivers, NBA Champion coach and PCA National Advisory Board Member, recently sat down with PCA Executive Director Jim Thompson. Coach Rivers shared valuable dos and don'ts for keeping his players' E-Tanks filled that youth coaches can implement at their next practices and games:

- Avoid negative body language, like standing up with arms folded.
- Use language that shows your support.
- "I know you can do this"
- "I know you're ready for this."
- "I know you're better than that."
- Set the tone for increased energy and team chatter by first running a "quiet" drill.
- Keep post-game *analysis* brief. The period right after competition is often not a teachable moment, for players or coaches!