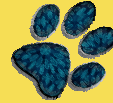
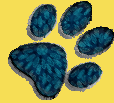


PANTHERS COACHES CORNER

March 27, 2010

Panthers Coaches, please look for tips to be posted regularly on team building skills that can be used in your day to day coaching routines.



Keep non-traditional statistics. Have a player record how many high-fives each player gives to his or her teammates. In basketball, note how many times each player is diving on the ground for a loose ball (even if she doesn't come up with it).

Coach Candrea explains that measuring effort is important because effort is one of the few things under a player's control.