



# MOTIVATION MATTERS

# 3

**HIDDEN TECHNIQUES THAT WILL  
TURN YOU INTO A CREATIVE  
CRAFTSMAN & MASTER MOTIVATOR**

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# **MOTIVATION MATTERS**

## **3 HIDDEN TECHNIQUES THAT WILL TURN YOU INTO A CREATIVE CRAFTSMAN & MASTER MOTIVATOR**

With these 3 unique motivational strategies you will be able to motivate any athlete or team to work harder, smarter, and longer. It will help you make the transition from being good to becoming great! You will be equipped with a few simple tools that make the routine mundane motions of practice exciting and unusual. They will help you get every ounce of energy from your athletes and will set you on a path of long-term motivational success. Remember not to be afraid to do things differently and that it's easy to be average. Start using these techniques and leave average behind!

# TECHNIQUE #1

## INSTANT REPLAY

This is an easy technique that is packed full of motivational benefits.

The next time one of your athletes makes a great play... stop the practice, get every one's attention and ask them for an "Instant Replay".

It can be any type of play you want to reward - a nice hustle play for a loose ball, a good explosive sprint off the blocks, a great set to an outside hitter, a great block by the offensive tackle, anything.

### APPLICATION

Have the player (or players) repeat the play in slow motion with every one watching. Say something like, "Great job Tony, that's just the kind of hustle play that we're looking for." Then get back to practice and resume what you were doing.

After practice, take the player aside and reward them with a Gatorade, a certificate, or other reward. Give praise to them again for the play, technique, etc. but this time do it in private.

### RESULTS

This "Instant Replay" technique helps you implement two important motivational methods:

1. You publicly praise the youth in front of their peers, which boosts their confidence and self-image.
2. It gives you a chance to reinforce the key skills, concepts, and type of play that you desire in practice and in competition.

Make sure to spread the Instant Replays around. Try to "catch" a great play from each player at least once per season.



#### BONUS BENEFIT

An indirect benefit of using this motivational technique is that it allows you to teach players to compare their own skills to specific techniques, rather than comparing themselves to other athletes entirely. This can help your players avoid destructive comparisons that almost always make them feel bad about themselves decreasing motivation and morale.

# TECHNIQUE #2

## A.K.A. DRILLS

Here's another simple trick that will get your players working harder and having more fun.

As you explain and use drills throughout your practices, rename the drills after a player (or players). Use players who have performed that drill the best. They can be past players from previous seasons or teams as well.

### APPLICATION

When explaining the drill, instead of calling it, "Chip & Charge", use the name of one of your past athletes. So let's say you coached a player named Joey Johnson and he was the best at the "Chip & Charge" drill last season. Then you would call it the "Joey Johnson" drill. After you've explained the drill and your players understand how to do it properly, say something like, "If you can do this drill better than Joey Johnson, it will be named after you".

### RESULTS

This is one of the best ways to increase the level of commitment and performance during practice drills for two core reasons:

1. Players will want a drill named after them and anytime you introduce a new drill that you've never run before, it can be claimed by the athlete who does it best that day or season.
2. The players will not only understand which drill you are doing, they will also learn something about one of your past players and/or gain more trust in a current teammate if someone does it better and the drill is renamed.

Don't do this too much, otherwise it will be overkill and will lose its effectiveness. Generally it's wise to do it with one or two drills in each aspect of the certain sport (e.g. defense, offense, hitting, etc.).



# TECHNIQUE #3

## WHY? SIMPLIFIED

If everyone on your team was asked to write down your team's purpose, would each athlete write down the same thing? And could they write it down using just one phrase or slogan?

Your players need to know that what they are doing will help them become the best they can be. They also need to be able to remember why with a simple, short message.

### APPLICATION

During a meeting with the team (this could be a pre-season gathering or mid-season if needed) define your team's mission and purpose, define your why. Then work together to create a slogan that represents your why.

Example: If your team's purpose is to go above and beyond in everything that you do, you could create this symbol (A&B = above and beyond). Then print it out on reminder cards, posters, and use it often during practices and games.

### RESULTS

These descriptive easy-to-remember “why” messages are so effective for two main reasons:

1. It allows players to know exactly WHY they are doing what they are doing day in and day out. This will help unite the team and can lead to added motivation to excel.
2. Players often change their own internal reasons for coming to practice, for playing on the team, and for competing in general.

When you have a common purpose and a clearly defined why, you’ll be impressed with how the team comes together. You can also encourage each athlete to clearly define their own why.



# LOOKING FOR MORE MOTIVATIONAL TACTICS, TECHNIQUES, AND STRATEGIES THAT ARE PROVEN TO WORK?



[The American Coaching Academy Motivation Report](#) is exactly what you need. Get instant access to a comprehensive, easy-to-read guide that will help you understand the key factors that actually motivate youth athletes. And discover how you can use those factors to better motivate your team.