



BETTER ATHLETES
BETTER PEOPLE

Sample Script for Filling Emotional Tanks

(In all of the online courses and live, group workshops that Positive Coaching Alliance presents nationwide for youth and high school sports leaders, coaches, parents and student-athletes, we explain the concept of "Filling Emotional Tanks." Following is a script that coaches can draw from in order to share the concept with players. With just a few adjustments based on which sport you coach and your players' ages, you can deliver the core message in your own voice.)

For us to succeed as a team and have a lot of fun together this season, we want to **fill each others' Emotional Tanks**. An Emotional Tank is like a car's gas tank. When it's empty, we go nowhere, but when it's full, we can go anywhere. People with empty tanks become negative and give up more easily. But with full tanks, we stay optimistic and can handle difficult situations.

As coach, I will do my best to help fill your Emotional Tanks. Here are some of the ways I will do that and some of the ways you can help keep your teammates' tanks full

- **Tell teammates when we see them do something well**, or when we see them giving maximum effort, even if the play does not completely go our way.
- **Tell teammates when we see them improving**. That will help them continue trying hard to improve even more.
- **Listen to teammates** when they have ideas to share.

People perform best and have full tanks when they get about **five pieces of truthful, specific praise for each time that they receive a piece of specific, constructive criticism**...not necessarily all in a row, but over time. Truthful and specific praise means not just saying "Way to go!" but something like "Great hustle! You accelerated at just the right time." I'll give you lots of praise to keep your tanks full so that when I do criticize or correct something, you'll still know I believe in you as a player and as a person.

I want you to fill each others' tanks. In some practices, we'll use a Buddy System. You'll pair up with a buddy and watch each other to see what your buddy is doing well. Then, we'll get together and share what we saw our buddies doing so that everyone gets a full tank.

Let's try to **avoid draining each others' tanks**. If your teammates make mistakes, they know it, and they feel badly. If you criticize them for mistakes, you make them feel worse, and they're more likely to make more mistakes.

This will be a **great season if we keep our Emotional Tanks full**. Let's start right now by finding a buddy, and we'll run some drills. Remember to keep an eye on what your buddy is doing well and be prepared to share it with your teammates.

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