



# 2 minute drill

*for parents*



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monthly tips from Positive Coaching Alliance

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## You have to ask

When NFL star Peyton Manning was growing up, his dad, Archie Manning, a former NFL great, used to say, "If you want to learn to be a quarterback, I'll teach you. But you have to ask."

Peyton asked again and again. And because his dad never pressured him to practice or learn more about football, it was fun for him.

When children feel in control of their own development, they are more likely to have full Emotional Tanks. Fill your child's E-Tank by putting them in charge of their own development as athletes. Let your children know you are willing to give them advice if they ask for it, but they need to ask you. Then... and this is the hard part... don't offer it unless they ask.

adapted from *The Double-Goal Coach* by Jim Thompson



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