

Positive Coaching Ideas in Sport

Baseball/ Softball

1. For every batter a pitcher strikes out, the pitcher will do pushups to strengthen their arm.
2. Create games where the bases are longer.

Basketball

1. Shooting 1 and 1- make 1 and get to run to half-court line and back, make 2 to end line and back- Coaches and teammates yell positive things. (Way to go) Great shooting, excellent effort running. Reward free throws made and running hard.
2. For every shot you make you get a down and back.

Football

1. Defensive player make an interception, entire defense runs to end zone.
2. Offense scores a touchdown- entire offensive team sprints to goal line to celebrate.

Soccer

1. Team records- develop individual records in skills such as juggling, running and shooting. Create a friendly competition within the team that players can be proud of
2. Name a drill after a player. When a player excels at a particular drill, name the drill after that player. The player owns that drill until another player performs better.

Tennis

1. Double tandem wins a tough point at the net- get to run around the court in celebration
2. Set up targets to aim serves at. Hit one get to run a victory lap around the courts.

Track and Field

1. Shot put: Good throw, do an obstacle course outside of throws sector as you run to get shot.
2. Pole Vault or High Jump: Athletes have ten jumps to clear as many bars as they can. For each bar cleared they get to add that number to the reps that they will do in a circuit to follow. Ex: Athlete clears 6 bars, 6 extra reps will be added to the original 10 reps. So, the athlete will be doing 16 reps of each activity.

Volleyball

1. The team that scores the most points during a scrimmage gets to do three sets of ten on net jumps/blocks for volleyball practice.

2. Give the players a goal for how many passes they will get into the ball cart that will be placed where the setter would stand. For every ball they get into the cart, they get to run a down and back but they must reach their goal before they can be done with the drill.