



## PLC Focus of Week 2: Explain

Last week we opened with some critical points on how to communicate effectively with your student-athletes. Being aware of your non-verbal communication, showing empathy and showing concern for your players as people were all part of the equation.

This week's reminder is an extension of those same ideas. Play Like a Champion Today® believes that as coaches we should also:

- **Explain "the why"**
- *When athletes ask questions it means that they value what you have to offer. Be sure to give them something of value.*
- *Don't wait for athletes to ask why - beat them to the punch and explain why certain drills are being used, why line-ups are the way they are set and why skills are executed in a specific manner.*

This simply means that you should always be prepared for the "teachable moment" in sport. Remember sport is the vehicle we use to mentor our young people and help them grow morally and spiritually.

It's easy to say "because I said so," but in reality when you say that you're giving them nothing. Children are much more intelligent and resilient than we give them credit for. Use your time as coach to impart valuable life lessons that will extend far beyond the competition arena.

Let's all remember to Play Like a Champion Today®!



"Sport is human life in microcosm."

~Howard Cosell