



2 minute drill

for coaches



monthly tips from Positive Coaching Alliance

DIMITT

Teach DIMITT (**D**etermination **I**s **M**ore **I**mportant **T**han **T**alent) to athletes to reinforce the notion that they will be as good as they are determined to be.

Tell your players that, more than anything else, it is the amount of effort they are willing to put into their sport that determines how good they can become. Recognize gritty efforts by your players. If you do, you'll teach them a valuable lifelong lesson about the centrality of effort.

adapted from *Positive Coaching in a Nutshell* by Jim Thompson



for more PCA resources visit:

<http://www.positivecoach.org/subcontent.aspx?SecID=393>