



# 4 Ways Assistant Coaches Can Help Their Head Coach Be More Positive

*This resource stems from a question submitted to the Ask PCA blog. Responses come from our experts including PCA Trainers, who lead live group workshops for coaches, parents, administrators and student-athletes.*

**“I’m an assistant coach. Our head coach has a short temper and tends to lose his patience quite easily. We are a PCA school and his style goes against many of the PCA principles. Do you have any tips on getting him to follow more positive coaching techniques?”**

PCA Response by PCA Senior Marketing Communications & Content Manager, David Jacobson

- 1** Talk to the coach in private during a calm time to let him know how his behavior affects you and the players. If he is the type who may not particularly care how his behavior affects you and the players as people, or your comfort level, you can frame his behavior as a competitive disadvantage. He’s probably yelling because he’s nervous about losing a game or losing face due to the team’s performance. The more he yells, the more likely the team’s performance erodes.
- 2** Get him to implement a self-control routine, such as counting to ten if he feels himself getting upset in the heat of competition.
- 3** Have him videotaped so he can see and hear himself as others do.
- 4** Set up a word or gesture that you can use during games to remind him to calm down.

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