



BETTER ATHLETES
BETTER PEOPLE

Tools for Making Your Teammates Better

BE A TANK-FILLER

What can you say or do to fill your teammates' E-Tanks?

Remember – truthful and specific! Don't forget to include your coaches.

Name

Truthful/Specific Tank-Filler

MIRROR VS. WINDOW

"Mirror" Statements (all about me)

"Why aren't I in the game?"

"It isn't fair!"

"Window" Statements (all about us)

"Are you open to a suggestion?"

"Here's something I noticed..."

"Watch #8, she's going to the left..."

"Great hustle, way to get open..."

MIRROR VS. WINDOW

- > Don't get hung up on yourself
- > Share what you see that could help your team

What ideas or suggestions might you share with your teammates that would help them perform better?

For more Resources, visit: www.PCDevZone.org
For more information on Positive Coaching Alliance, visit: www.PositiveCoach.org