



BETTER ATHLETES
BETTER PEOPLE



My Star Player is Injured

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.

“Our high school varsity star just suffered a season-ending injury. How do I keep my team’s spirits up and keep them competitive?”

PCA Response by Ray Lokar, PCA Trainer–Los Angeles

It is normal for a team to be down when a player in the “star” role gets injured. It’s time to re-define those roles and, if necessary, adjust the team’s goals.

Obstacles like this are often a great way to galvanize the team by emphasizing PCA’s “ELM” Tree of Mastery (where ELM stands for Effort, Learning and Mistakes). Magnify the need for maximum Effort, more Learning, and managing Mistakes and setbacks. Helping players focus on things they can control will return a measure of the stability your team felt before the injury.

Rallying this way may create more synergy among the players, providing an energy surge that helps them “over-achieve” ...or, really, just play closer to a potential they had not realized when the team could rely on the star. If your star is a Triple-Impact Competitor® – committed to improving self, teammates and the game as a whole – keep him or her as involved as possible to provide great inspiration for the team.

Maintain a positive attitude during this trying time and concentrate on getting everyone in the program to fill each others’ Emotional Tanks. Creating a more optimistic environment helps teams overcome adversity, rise to new heights, and be as good as they can be.

Ray Lokar has coached a variety of sports for over 25 years at the youth, high school, and college levels, including his son and two daughters who have gone on to play college athletics, as well as an 8-year-old son playing youth sports. Ray was the Head Basketball Coach of the 2002 California Interscholastic Federation Champions while at Bishop Amat High School and is a Past-President of the Southern California Interscholastic Basketball Coaches Association.

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