

### 3-Pronged "Rewards Strategy" for Motivating Your Soccer Players

Are you looking for new ways to motivate your soccer players?

Today's coaching tip comes straight from the American Coaching Academy's "Masters of Motivation" Course:

<http://www.americancoachingacademy.com/mvn/c.php?s=Soccer>

I've always been a big believer in the "catch your athlete doing something right" mentality.

I'm sure you get the "theory"...

By publicly recognizing good behavior and actions, you create a team culture where the other athletes will also want to repeat the positive action.

HOWEVER...

As coaches, we stink at this.

If you go to any field, rink, court, gym, or diamond I'll bet you'll hear coaches making a big deal out of mistakes with their athletes.

Rarely do you observe a practice and hear a coach point out good performance "louder" than poor performance.

This is something I'm working really hard on.

In the Masters of Motivation course, I learned that there are 3 ways to "reward" an athlete for good performance:

#### 1) Tangible Rewards

(medals, athletic letters, stickers)

#### 2) Communication Rewards

(praise, publicity, smiles, thumbs up)

#### 3) Activity Rewards

(playing a game instead of doing a drill, getting to take a short rest, being able to keep playing in a game)

It's a good idea to use ALL 3 types of rewards as part of your motivation strategy.

Some kids will do ANYTHING for a tangible reward, others could care less about earning a medal.

Some kids grow up in very critical households, so having a coach say they did something amazingly well will keep them working at their full potential day in and day out.

And finally, some kids love to be singled out and given an activity reward in front of their peers.

Can you see how this three-pronged rewards approach might help your coaching?

It's way more fun to reward a kid doing something correctly than one doing something wrong (for you and the kid).

I've really been changing up my motivation style after the "Masters of Motivation" course and I'm seeing dramatic positive changes in our team.

If you're looking for some direction (not a bunch of mumbo jumbo theory) on how to fire up your team, be sure to check out "Masters of Motivation":

<http://www.americancoachingacademy.com/mvn/c.php?s=Soccer>