



2 minute drill *for athletes*



monthly tips from Positive Coaching Alliance

Make Yourself Better Tips From a Champion

Doc Rivers, head coach of the 2008 NBA Champion Boston Celtics, is a big believer in keeping his players focused on continual improvement and staying positive. Take advantage of the wisdom and experience of this former NBA All-Star player and Championship coach by practicing what he preaches to his Celtics players:

- Develop a routine to recover from mistakes.
 - “The past is over, move on!”
 - “Play it forward!”
- Always strive to make yourself better.
 - “Good is the enemy of great because good causes you to settle.”
 - “I’ll coach you for who you should be someday, not for who you are today.”

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