Coaching young athletes

THE POST-GAME CLOSE

Four beats. Three minutes or less. Win or lose. Then let them go home.

0:00 — **RESET**
Water, take a knee, eyes up. Let the score settle.

0:30 — **ONE WIN**
One moment the team got right, tied to what you practiced. Be specific: "Our first touch in the second half."

1:30 — **ONE NEXT**
One thing for next practice. Just one. Frame it as next, not wrong.

2:15 — **SEND OFF**
One player names a teammate's great moment. Team break. Done.

Under 9? Same four beats in 90 seconds. Individual feedback can wait until practice.

Rooted framework. Send-off adapted from Positive Coaching Alliance's Winner's Circle. General guidance, not an individual plan.