

Positive Mindset

2-5 minutes | Grades K-8

Coach cue	A positive mindset helps you look for a next step while being honest about how you feel.
Game scenario	You're learning a new route and keep turning too early.
Try it	Say "I can't get this yet," then add one action: "I can look for the cone before I turn." Run it once with that cue.
Huddle question	Which words help you try again when something feels hard?

Player check-in

Read each question aloud. Have players vote A, B, or C.

1. Which thought gives you a useful next step?

- **A.** I'm still learning, so I'll look for the cone
- **B.** I have to feel great before I can try
- **C.** I'm bad at this and always will be

2. Can you use a positive mindset while disappointed?

- **A.** Only if you stop feeling disappointed first
- **B.** Only if your team wins
- **C.** Yes, you can name the feeling and choose a next step

3. You can't catch the long pass yet. Which thought helps?

- **A.** I'll never learn this
- **B.** I can practice a shorter pass first
- **C.** It only counts if I get it today

4. A new drill feels tricky. What could you tell yourself?

- **A.** I can learn one part at a time
- **B.** I should already know all of this
- **C.** I'll only try if I can be first

Ask the team	Write one "yet" sentence and the action you'll take next.
At home	Take one "I can't" from today and turn it into "I can try ___."

Coach answer key **1. A** **2. C** **3. B** **4. A**

One takeaway for our next practice _____