



# **“THE PUT-UP / SHOUT OUT”**

## **“BRING THE JUICE”**



**ETA356, Inc.**  
Excellence Thru Athletics

Many times, it is easy to find the wrong in things that people do. These are called put downs and serve no motivational value. It is sort of like giving someone a glass of soured lemonade and after they drink it the effects are obvious. However, it also is a CHOICE to do the opposite which is to zero in on the positives and “put up” that person with a nice glass of fresh squeezed orange juice. Again, it is your choice – What type of juice do you want to bring to your team (as a player) or players (as a coach). Do you want to “BRING THE JUICE”? Here’s how – try it you’ll never forget the effects it has – promise ☺

### ***THE PUT-UP / SHOUT OUT GAME***

**Location/Facility:** Circle up after a practice or game

**Time:** 2-5 Minutes after practice and/or games

**Technique:** What are they and how do they Work? They are short one sentence affirmations that can be given by coaches or players to each other

After practice and/or after games have the athletes speak to specific things they saw done well. This can be anything from running a play properly, how opponents were treated, specific demonstrations of the three things athletes’ control: attitude, effort, how they treat others. Whenever I coach, I love to bring the players together after every practice and game to create an environment of encouragement with the Shout Out Drill. Regardless of how they played, we always start with the positive. We allow the players to speak words of life and refreshment into their teammates about what they saw during the practice or game. It only takes one or two minutes, but the dividends are priceless. It is one thing for coaches to encourage their players, it is another thing to allow their teammates to do it. Allowing players to brag on each other develops great team cohesion and chemistry.

*"I saw Cameron hustle on the triangle drill."*

*"Billy got water for us during the timeout."*

*"Lindsay played tough defense and had a great interception."*

Once they have done the put up / Shout Out have the team decide on a way to acknowledge the person. (Ex. Yeaaaaah Joe, two claps, or “Give him three”)

**NOTE:** This can be an especially effective activity after a game. The tendency of coaches after games is to point out specific things that went wrong. This isn’t helpful for 2 reasons:

1. Unless you are going to practice them right away they will be forgotten thus it becomes a time to vent your frustrations.
2. At best, it isn’t helpful and can put your athletes in a negative mental framework.

**BONUS:** Think about how you can involve the parents passively in this. One of the first questions the parents ask when they see their children after the contest is, “What did the coach say?” One of your first questions that you are asking is, “I wonder what the parents are telling them?” Invite the parents to stand in a circle around the team and LISTEN to what their athletes are saying. You now have set the tone for the conversation. You have now helped the parents to engage in supportive conversation after the game instead of critiquing performance.

#### **Results:**

Athletes love this. At first, they may not be really good at this. We haven’t taught them to see what they or others are doing well. Most of our coaching tends to be fixing the imperfections. This helps those that tend to be critical to also see the good, even the small things, to be noticed and appreciated.

***“The put-up game, just like a regular game, takes practice – the right kind of practice. Put-ups, just like anything else, have to be learned; they have to become habit – and believe me, they don’t just happen.”***

***→ Can be verbal, thumbs up, high five, hug, nod, smile, notes, etc.***

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***“MAKE IT A GREAT DAY +1”***



## **“START TO BUILD THE 3 S’S”**

### **The Put Up game: (After Practices/Games)**

- *Speak to specific things you saw done well.*

- *This can be anything demonstrates things*

**athletes control:** *attitude, effort, (including how they treat others.)*

“What I appreciate about  
you most is...” (3 simple lines)

- A. Players (Starters to Subs)
- B. Assistant Coaches
- C. Head Coach

#### **LET ME GIVE YOU A STRATEGY LIKE WE TALKED ABOUT EARLIER**

*The Put-Up game: After practice and/or after games have the athletes speak to specific things they saw done well. This can be anything from running a play properly, how opponents were treated, specific demonstrations of the three things athletes’ control: attitude, effort, how they treat others.*

*This can be an especially effective activity after a game. The tendency of coaches after games is to point out specific things that went wrong. This isn’t helpful for 2 reasons:*

*Unless you are going to practice them right away they will be forgotten thus it becomes a time to vent your frustrations. At best it isn’t helpful and can put your athletes in a negative mental framework. This strategy helps athletes notice and encourage others in their roles on the team.*

- *Speak to specific things you saw done well.*
- *This can be anything that specifically demonstrates things athletes’ control: attitude, effort, (including how they treat others.)*
- *This can be an especially effective activity after a game.*

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**“MAKE IT A GREAT DAY +1”**