

Introducing “Filling the Emotional Tank” to Your Team

AT THE START OF THE SEASON, LET YOUR PLAYERS KNOW THAT:

- Each one of them has an Emotional Tank that fills and drains when they receive praise and criticism.
- You don't want to be alone in Filling Tanks. You want them to act as tank fillers for each other.
- In an environment where players are receiving five tank fillers for every one tank drainer (**the 5:1 “Magic Ratio”**) their enjoyment and performance will increase.
- Teams that play at home have a 60% chance of winning. We can take this “home field advantage” with us wherever we play, if we focus on filling each other's tanks with truthful and specific praise. This will help us win more.



For more valuable Responsible Coaching resources and information on how to earn a \$2,500 Community Grant or Responsible Coaching Award, visit Liberty Mutual's Responsible Sports™ program at [ResponsibleSports.com](https://www.ResponsibleSports.com).