

# **Building Team**

## **Coherence & Connection**

### **Let's take minute to arrive**

The purpose of our time together is to create an environment for each of us in this space to become more aware of ourselves, each other, to feel a deeper connection and to collectively develop and galvanize our intent or mission for this season.

Let's take about :60 to sit in silence and feel a sense of gratitude for your coaching staff for seeing the importance of days like today and to yourself and your teammates for coming together in the same space with an open mind and heart to deepen our connection.

**How is everyone feeling?** *(each player say the two words that come to mind)*

*Before we begin the session, let's get everyone in Pairs*

**In Pairs** *(with your journals)*

**Each player answer the following questions in your journals**

- What are you excited most about this season?
- What are you most anxious about?

Following the 2 minute exercise come back together as a group

**In group**

*Ask if any player would like to come forward*

**White Board:** Who would like to share some of what came up for them?  
Anyone else?

Meta-discussion of answers (write trends or common words on white board)

### **Each player get out their journals**

#### **3 minute free flow journaling on:**

- What is most important to you about this team and season?
- When the season's over I want to feel like this
- When I graduate I want the younger players to feel this way about me
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Following this exercise get together with a new partner

### **Mindful listening exercise**

Explain what that means

#### **How to Practice Mindful Listening: The HEAR Practice**

1. **HALT** — Halt whatever you are doing and offer your full attention.
2. **ENJOY** — Enjoy a breath as you choose to receive whatever is being communicated to you—wanted or unwanted.
3. **ASK** — Ask yourself if you really know what they mean and if you don't, ask for clarification. Instead of making assumptions, bring openness and curiosity to the interaction. You might be surprised at what you discover.
4. **REFLECT** — Reflect back to them what you heard. This tells them that you were really listening.

Each partner asks the other what their answers were, you can choose one or all as time allows.

- What is most important to you about this team and season?
- When the season's over I want to feel like this.
- When I graduate I want the younger players to feel this way about me.

Come back together as a group

**Meta-conversation:** What was that like, for each of you...

To have the floor?

To be heard?

## **Leadership Prompt**

Everyone take out your post it notes

### **POST-IT EXERCISE #1**

- A) What are some qualities of the best leaders you have been around?  
Adults, peers, teammates, etc
- B) How do they or have they made you feel?

Gather all post it notes and then ask 2 players to come forward and write down each word in A). No need to write down duplicates.

Once the list is complete, narrow the list down by having an open discussion about words that feel similar to others and then writing down the word that the team feels they like or resonate with the best. Ultimately you want to widdle the list down to 3 words that the group feels are the most redeemable qualities of leader.

Repeat for B) with the hope that the team comes up with 2-3 words that represent how the leader [s] make them feel. These are the qualities that each person that has the desire to be a leader should embody.

### **POST-IT EXERCISE #2**

If you were to list 2 things that would keep this team from achieving the highest level possible what would it be?

Gather all post it notes and then ask 2 different players to come forward and write down each word.

The team should then have a free flow conversation about the list so that everyone hears and feels what their peers are feeling. Let the conversation go where it will go. There is no outcome that is desired, just awareness.

## **Awareness Building Prompts**

Take out your journals

JOURNALING PROMPTS:

1. Reflecting on previous seasons, what do you see as the biggest contributors to creating distractions and disconnection within the team?
2. If there was one element of “you” needing some awareness, intention and love, and by attending to it would contribute to the wellbeing of the team culture, what would it be?
3. As a member of this team, can you think of a moment that you wish you handled differently? How did you show up in that moment and what would you have liked to do differently?
4. Think back to when you were a freshman, what do you wish the upper classman would have done better? What did they do well?
5. In the past, in what ways might your words or actions contributed to the distractions and issues within the team?
6. In what ways have you actively contributed to the wellbeing of the team?

## **Define Success Prompt**

**What is our definition of success?**

*Each player write in their journals what their definition of success would be (3 minutes)*

Once this exercise is complete, a coach should write down the notable answers by players.

Have a open discussion and continue to narrow the list down to 1 word, words or saying.

Write this down on the top of an empty white board

## **Intention Setting Prompt**

*Each player write in their journals what they feel would be good intentions or intent to set for the year for yourself and the team.*

*You can think about this like a goal you would set as a group (3 minutes)  
Few possible prompts:*

### **Personal**

*I want everyone to trust me*

*I don't want to create any drama or distractions*

*I want my teammates to feel like I care about them*

*I want to work my hardest each day no matter how I'm feeling*

*I want to leave the worries, concerns or stress of my life in my car or the locker room and not carry that energy on to the field to my teammates.*

### **Team**

*We outwork our opponents each game.*

*Hold each other accountable if we aren't giving our best*

*Only use supportive language towards each other at all times*

*I want each player to feel cared about and that no-one feels less than.*

*I want each player to not feel judged.*

*I want the team to be really close and not be divided with cliques.*

The coach should write down the notable "team" answers then open a discussion to widdle the list down to 3 "must do's" in order for the definition of success to happen.

Once this short list is completed, ask a player to write the definition of success on the top of a sheet of paper and then the intentions below and then each player should sign it and it should be hung in the locker room door so each player can see it prior to walking onto the field together.

At the end of each week have a short meeting on the field and ask the players how they feel they did during the week in reference to the intentions and definition of success. This provides some accountability and consistent check ins to keep everyone aware of what they developed as a team.