Building Teamwork

How to Deal With Conflicts

<u>Steps</u>

- Determine what the issue is, what is being disagreed on.
- Bring in an adult/other person to help through the conversation
- Remember you are working on a team together and the problem shouldn't change that.
- Listen to each other's points of view and give the other person reasonable time to talk.

<u>Importance</u>

One of the best ways to have a strong team is to have good communication. Teammates need to feel comfortable with each other, enough to point out any conflicts and mistakes. A strong athlete takes criticism as a helpful tool

and can receive it from coaches and teammates.

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Is Talent That Important?

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- While many sports require you to be talented, if you lack confidence and determination to get better, you won't.
- Many athletes are considered to be "naturally talented." But even those athletes have to put lots of effort into improving.
- Being talented can be a natural things, but it is something that can be learned.
- A good mindset, focused on improving yourself and believing that it can be done is the best way to change your talent.
- People who are naturally good at a sport don't always continue with it because it might not be something they are completely interested and invested in.

Why is Passion a Necessity?

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- Athletes need to be passionate about their sport to improve, if an athlete isn't passionate, they won't make time to practice and get better.
- An athlete who isn't passionate about their sport won't work through difficulties and will give up easily.
- Passion is important because it allows athletes to have a drive to do better and be better at their sport.
- If an athlete is playing a sport they don't enjoy and don't care about it will be obvious when they are playing and it isn't enjoyable to watch nor is it helpful to their team.

How to be a Leader

Importance

- A strong leader is a necessity to having a successful team.
- A leader is the person on the team that can rally everyone together when people aren't wanting to join together.
- A leader isn't going to be the person who is best at the sport but the person who can bring the team together and help with the team organization and support.

<u>Qualities</u>

- Communication
- Patience
- Confidence
- Integrity
- Respectful
- Accountability
- Motivating
- Encouraging
- Decisive
- Trustworthy

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Why it is Okay to Fail at Things

- Failure allows us to see what needs to be done differently.
- While it is normal and good to be upset about failing something, remember that messing up is a sign that you are trying.
- When you are learning something new you can't do it perfectly every time.
- Making a mistake points out the changes that need to be made.
- Failing gives you an opportunity to try a different way and try again.
- In order to succeed, you have to be able to push through making mistakes because it happens to everyone and ultimately helps you if you turn it into a lesson.

Recommended activities to build teamwork

- Scavenger hunt
- Human knot
- Egg drop competitior
- Charades
- Blind drawing

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Games are a good way to build way of getting a group together. Even when it is competitive it allows the kids to work towards a together in a different manner than the normal environment of their communication and learning

Specific Notes for the Team

- At the end of the day the other girls on your team are working towards the same goal as you and will be for a long time. It is important to treat each other with respect and always build them up.
- Remember that everyone has different strengths and they won't always be obvious at every moment. Each girl brings different strengths to the team but everyone is equally important.
- Everyone on the team is human, meaning they will have bad days and struggle with things. As their teammate, it is your job to be there for them and pick them up on the days when they are struggling.

