

30-Minute Team Values Session

1

Qualities of a Great Teammate

With a piece of paper and clipboard, sit down with your athletes and ask them to give you words that describe a great teammate. You may hear words like hard working, positive, caring, fearless.

3

Keep It, Share It, Follow It

Keep this paper. Take a picture of it and share it with the parents and the team. Ask them to put it on their wall. You now have guiding principles that your athletes agreed to follow. This is where the magic happens.

5

Player Shout Outs

At the end of practice, take a moment to have your players give shout outs for the Value of the Day. Your kids will LOVE this part and you can chime in to make sure each kid gets acknowledged at least once a week.

7

Share with Changing The Game

Take it to the next level, and send us a pic of your Team Values and share your stories of how they were displayed during the season. We love hearing about teams building Strong Character!

2

The Team Contract

Once you have a good list of words – and you may need to suggest 1 or 2 as well – have each player sign the bottom under “I commit to being the type of teammate described above”. This is their commitment to the shared values THEY developed. Coach signs too.

4

Values of the Day

Every practice pick one word and talk about it and have the team define it. During practice, look to catch players epitomizing the Value of the Day and compliment them for it.

6

Values Awards

As a bonus, at the end of season, instead of giving MVP or Most Improved, try giving out awards to players who epitomized one or more of the values. Now you are rewarding what you value most!

