

# 2-Hour Team Values Session

**1**

## Team Start List

Each player has a sheet of paper and you have a whiteboard or large sheet of paper. Have everyone discuss the things they did last season they want to keep doing (hustle, communicate, be positive, etc).

**3**

## Qualities of a Great Teammate

Have players list 3-5 phrases or words that describe a great teammate. They should write these words on the piece of paper you gave them. You may need to prompt them or have a teammate give an example to start.

**5**

## Defining the Values

Write the 3-5 Values on a piece of paper and have the players define each one. As you define them, talk about what those values look like in action. What would someone do to show respect, for instance?

**7**

## Value of the Day

Each practice, pick a value and talk about it. Ask players to define it. Hold them accountable for living those values in training and in games. Reward them for epitomizing the values. The more you talk about them, the more real they become.

**2**

## Team Stop List

Now have everyone list the things they did last season they want to **stop** doing or things they want to improve. (This can be completed by teams that played together the prior season.) Steps 1 and 2 help create your **Start/Stop List**.

**4**

## The Core Values

Ask each athlete to share their list. Write the words on the BOARD. Ask players to raise hands if they had the same words. Pick the 3-5 with the most votes. You may have to add a word no one listed. These are your Values.

**6**

## Commitment to the Core Values

When you have defined and clarified what those words look like in action, have every athlete sign the board. You now have your commitment to the Core Values. Take a picture. Send it to them, their parents and to us!

