



# TEAMBUILDING FOLLOW THE TRAFFIC SIGNALS

**THIS EXERCISE IS A GOOD WAY TO FACILITATE AN OPEN AND HONEST DISCUSSION THAT ENDS IN CONCRETE WAYS TO IMPROVE TEAM PERFORMANCES.**

**TIME:** Allow 45 minutes to conduct the lesson.

**PURPOSE:** A good way to have your players buy into the process of making small changes, access their strengths and weaknesses and make changes

## DOING THE LESSON.

1. Get a whiteboard or flip chart.
2. Write out the words START, STOP and CONTINUE (in red, green and yellow letters) on a white board or three flip charts.
3. Start the discussion by saying you'd like to discuss and answer three questions about the current state of the team:
  - A. What are we doing well and should **CONTINUE** to do
  - B. What is the team not doing so well and should **STOP** doing.
  - C. What the team should **START** doing in order to improve.

**HINT:** It is best to start on a positive note with the continue list, then move to stop and finish with start so that you can easily develop some team strategies

## SUGGESTIONS TO GET THINGS GOING:

**CONTINUE** – Intensity at Practice? Attitude? Leadership? Listening Well? Playing Loose? Having Fun? Playing Together?

**STOP** – “Defensive about being held accountable? Complaining? Whining? Making too many excuses? Waiting for someone to step up? Playing tight? Worried about making mistakes? Thinking too Much?

**START** – BE SPECIFIC – Does the team need to try something new? Play with more passion? Step up sense of urgency? Players need to take more responsibility? Define Roles better? Ready to go on time? Improve commitment? Improve Accountability? Respond to mistakes differently?

**IN THE END YOU AND YOUR TEAM SHOULD BE ABLE TO WALK AWAY FROM THIS EXERCISE WITH “ACTION STRATEGIES FOR HOW TO IMPROVE THE TEAM.EVERYONE KNOWS WHAT NEEDS TO HAPPEN AND WHO IS DOING WHAT. EXPECTATIONS AND RESPONSIBILITIES SHOULD BE CLEAR**

**NO EXCUSES**

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**“MAKE IT A GREAT DAY +1”**