



The Power of...

Positive Teamwork

Why it Matters

Teamwork is critical for success in sports. Yet a surprising number of student-athletes come to their team with no real sense of what it means to be team player.

Ask any good coach what they really want in an athlete, and 'be a team player' will be at the top of the list.

Five Winning Habits

Learn these five winning habits of positive teamwork and you will become a valued member of any team in athletics and in life beyond sports.

1. **Commitment.** Positive team players commit to the team through good times and bad. They work hard and fulfill their responsibilities whether the team is winning or losing. They keep this commitment through the entire season - even if others begin dropping out.
2. **Responsibility.** Positive team players are accountable to the team for their actions. They take personal responsibility for showing up on time, learning and executing their assignments, taking care of their health, and respecting their teammates and coaches.
3. **Contribution.** Positive team players are always looking for ways to add value to the team. Some step out front to lead. Some become valuable role players. Some bring tremendous spirit. And others bring a great work ethic. All are needed, and all are valuable.
4. **Collaboration.** Great team players communicate and cooperate with coaches and teammates. They respond positively to coaching. They work with their teammates to master execution. They use their voice and example to promote team spirit and unity.
5. **Flexibility.** Positive team players put the team first. They strive to be their personal best, but they are willing to adapt their role to match the team goal. Whatever the coach asks, they try to do. Whatever the team needs, they try to deliver.

Think About It...

1. Think of someone you know inside or outside of sports who is a great team player. What makes this person different?
2. Think of a time when you showed commitment, responsibility, contribution, collaboration, or flexibility in a team setting. How did your willingness to be a team player work out?
3. Imagine yourself as a coach recruiting two athletes of equal ability. One has a reputation as a great team player, but the other does not. Which athlete would you want to coach?

Take Action

- ✓ Look through the five winning habits of positive teamwork and commit to doing one thing to strengthen your teamwork starting right now.