MAJOR MOMENT: TEAM COHESION

OVERVIEW

As the new sport season kicks off, coaches play a pivotal role in navigating major moments that shape their teams' dynamics. The arrival of new teammates, players figuring out their roles, the emergence of new leadership, and for some, the experience of being billeted or away from home for the first time, all present unique challenges and opportunities. This period is crucial for setting the tone for the season, fostering team cohesion, and ensuring each player feels supported both in and out of sport.

KEY POINTS

1. **Importance of Cohesion**
   - Team Cohesion: Uniting the team to reach common goals
   - Social Cohesion: Foster enjoyment and positive relationships within the group
2. **Social Identity**
   - Help athletes associate and interact positively with the team
   - Collaborate with players to create a team motto that reflects their shared aspirations
3. **Individual Experience**
   - Recognize varied experiences of players (new roles, time with the team, distance from home)
   - Build relationships and create team and individual goals
   - Help players identify who their support systems are—both within and outside the team. This could include family, friends, mentors, or even fellow teammates who they can turn to for advice, encouragement, or just a listening ear

PRACTICAL TOOLS TO HELP SUPPORT THIS TIME OF YEAR

TEAM BUILDING ACTIVITIES

- Organize icebreakers and team bonding exercises
- Schedule regular team meetings to discuss goals and progress

CLEAR COMMUNICATION

- Regularly communicate individual roles and expectations
- Provide feedback and support to help players understand their growth plan

INCLUSIVE LEADERSHIP

- Make decisions that benefit the team rather than individual interest
- Encourage player input and foster a sense of ownership and belonging

PERSONAL CHECK IN'S

- Schedule one-on-one meetings with players to understand their needs and concerns
- Address issues of homesickness or anxiety about new roles promptly

Reach out to your Client Success Manager if you would like additional support

QUICK TAKEAWAYS

Team-focused leadership boots confidence

Early Season Togetherness Leads to Success

Connection and Support Are Key