

# Developing Team Chemistry: A Must for Championship Teams

Kristi Bredbenner

Wichita State Softball

# Coaches Role

- ⦿ Communication
- ⦿ Conduct and repercussions
- ⦿ Set Goals and a Mission for the team
- ⦿ Motto/Theme for the season
- ⦿ Community and University Pride
- ⦿ Get to know your players outside of softball
- ⦿ Individual Meetings
- ⦿ Cohesion throughout the staff
- ⦿ Be the Fire!

H.O.M.E.

- Honesty
- Ownership
- Mentality
- Enthusiasm

# Honesty

- Communication
- Defining Roles and Expectations
- Create Trust within your program

# Tips for Improving Team Chemistry

## Tip # 1 Communication

*Learn to communicate effectively when speaking to the team and to individual players. First and foremost, your players have to feel comfortable expressing their true selves with you and with other members of the team.*

# Tips for Improving Team Chemistry

## Tip # 2 Individual Meetings

*Take the time to sit down and talk to your players individually on 2-3 different occasions during the season. Be honest with about their role on the team. Give the student-athlete a chance to evaluate their own skills. This is also a good time to sit down and talk about academics.*

# Tips for Improving Team Chemistry

## Tip # 3 Get to Know

*Know your players! Take the time to get to know your players as people and their lives as they exist outside of the sport. Athletes are not machines, they are human beings, and they have thoughts, feelings, and lives off the field just as you do.*

## Ownership

- Be a selfless coach
- "Our" Team
- Building a Legacy
- Goal Setting



# Tips for Improving Team Chemistry

## Tip # 4 Goals

*Collaborate with the team in setting specific and challenging goals for the upcoming season. When setting goals for the team, make sure they are realistic and include short-term and long-term objectives. The goals should be clearly defined and there should be strategies in place to achieve them*

# Team Ownership

- ❖ Rules
  - ❖ Sign and Commit to them
  - ❖ Clearly state consequences and stick with them
- ❖ Accountability
  - ❖ Promote a self-policing environment
- ❖ Field Duties Assigned

# Mentality

- Mental Training
  - Create confidence and competitors
  - Mindset
  - Acknowledge Failures and Successes
- Practice what you preach
  - Avoid showing disappointment during the game
  - Breathe!
- Motivate instead of berate
- Work Hard, Play Hard!

# Mental Training

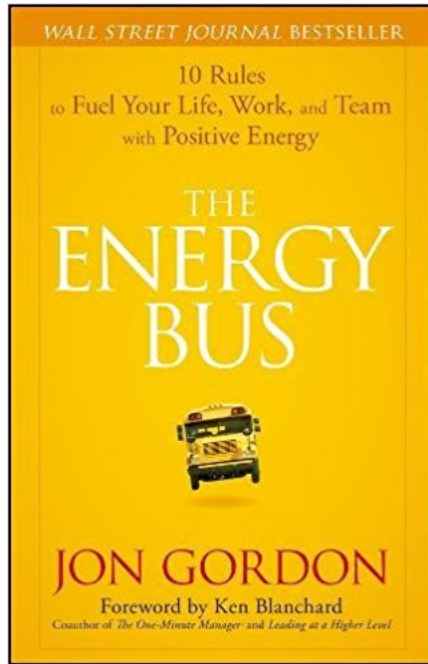
- Team
  - Explain topics for the week
- Small Groups
  - Talk through workbooks
  - Participation increases in small groups
- Goal Books
  - Set goals each week
    - Softball, Academic & Personal
  - Reflect on the previous weeks goals
  - Game Reflections
- Great insight

# Tips for Improving Team Chemistry

## Tip # 5 Be Positive

*Avoid yanking a player in the middle of an inning when they are still on the field. There is a time and place to provide negative criticisms. For most athletes embarrassing them in front of their peers or family leads to fear. Constantly provide players with praise when they do things right and teach them when they do things wrong. Find the balance between positive critical analysis and being negative.*

# Energy Bus




**Enthusiasm: Attracts more passengers and energizes them during the ride.**

THE ENERGY BUS

## 10 RULES FOR THE RIDE OF YOUR LIFE

1. You're the Driver of the Bus
2. Desire, Vision and Focus Move Your Bus in the Right Direction
3. Fuel Your Ride with Positive Energy
4. Invite People on Your Bus and Share Your Vision for the Road Ahead
5. Don't Waste Your Energy on Those Who Don't Get on Your Bus
6. Post a Sign That Says "No Energy Vampires Allowed" on Your Bus
7. Enthusiasm Attracts More Passengers and Energizes Them During the Ride
8. Love Your Passengers
9. Drive with Purpose
10. Have Fun and Enjoy the Ride



10 RULES TO FUEL YOUR LIFE, WORK AND TEAM WITH POSITIVE ENERGY!

[WWW.THEENERGYBUS.COM](http://WWW.THEENERGYBUS.COM)

# Enthusiasm

- Enthusiasm – “Brushes off upon those with whom you come in contact. You must truly enjoy what you are doing.” John Wooden
- “Don’t whine, don’t complain, don’t make excuses.”
- Enthusiasm starts from the top!

# Pyramid of Success

**WOODEN ON LEADERSHIP™**

**THE ART OF SUCCESS**

**PYRAMID OF SUCCESS**

**COMPETITIVE GREATNESS**  
"Perform at your best when your best is required. Your best is required each day."

**POISE**  
"Be yourself. Don't be thrown off by events whether good or bad."

**CONFIDENCE**  
"The strongest steel is well-founded self-belief. It is earned, not given."

**CONDITION**  
"Ability may get you to the top, but character keeps you there – mental, moral, and physical."

**SKILL**  
"What a leader learns after you've learned it all counts most of all."

**TEAM SPIRIT**  
"The star of the team is the team. 'We' supercedes 'me'."

**SELF-CONTROL**  
"Control of your organization begins with control of yourself. Be disciplined."

**ALERTNESS**  
"Constantly be aware and observing. Always seek to improve yourself and the team."

**INITIATIVE**  
"Make a decision! Failure to act is often the biggest failure of all."

**INTENTNESS**  
"Stay the course. When thwarted try again; harder, smarter. Persevere relentlessly."

**INDUSTRIOUSNESS**  
"Success travels in the company of very hard work. There is no trick, no easy way."

**FRIENDSHIP**  
"Strive to build a team filled with camaraderie and respect: comrades-in-arms."

**LOYALTY**  
"Be true to yourself. Be true to those you lead."

**COOPERATION**  
"Have utmost concern for what's right rather than who's right."

**ENTHUSIASM**  
"Your energy and enjoyment, drive and dedication will stimulate and greatly inspire others."

**12 LESSONS IN LEADERSHIP**

1. Good Values Attract Good People
2. Love Is The Most Powerful Four-Letter Word
3. Call Yourself A Teacher
4. Emotion Is Your Enemy
5. It Takes 10 Hands To Make A Basket
6. Little Things Make Big Things Happen
7. Make Each Day Your Masterpiece
8. The Carrot Is Mightier Than A Stick
9. Make Greatness Attainable By All
10. Seek Significant Change
11. Don't Look At The Scoreboard
12. Adversity Is Your Asset

*"Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable."*  
John Wooden, Head Coach

*"Failure to prepare is preparing to fail."*  
*"Don't mistake activity for achievement."*  
**ACHIEVEMENT**  
True success comes only to an individual by self-satisfaction in knowing that you gave everything to become the very best that you are capable of.

*"Success is not a destination, it is a journey."*  
**SUCCESS**

*Leadership*

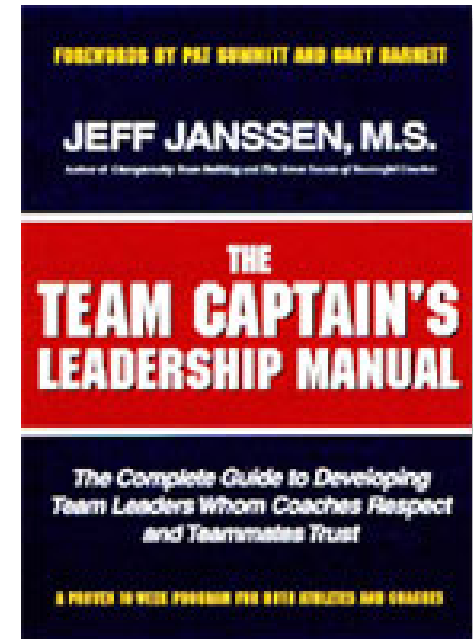
www.CoachJohnWooden.com



# Team Leaders

- \* Captains vs. Leadership Committee
  - \* What are the deciding factors
  - \* Leadership Surveys
  - \* Team Vote
- \* Team Captains Leadership Manual by Jeff Janssen
- \* Meetings throughout the season

<http://jeffjanssen.com/coaching/resources.html>



# Team Building Activities

- Bus trips
  - Eliminate Cell Phones
  - 2 truths and a lie
- Ropes Course
- Retreat
- Community Service
- Freshman Move-in and Welcome
- Freshman Buddy System
- Scavenger Hunt
  - Around Town
  - High School
- Holiday Challenges
  - Gingerbread House
  - Pumpkin Carving
  - Easter Egg Hunt
- Peak Performance Playbook

# In/Out of Season Challenge

- Accountability Partners
- Strength Tests
  - Push-up
    - # in 1 Minute
  - Sit-ups
    - # in 1 Minute
  - Pull-ups
    - Total w/o dropping
- Conditioning Tests
  - 15's
  - Suicide
  - Straight Sprint
  - Shuffle
  - Obstacle Course
  - Triathlon

# Team Meals

- Picnics
- Coach's House
- Iron Chef Shocker
- Away Games
  - Team-only
  - Parent Involvement
- Pre-season BBQ

## In-Season Buddies

- Secret pal for the season
- Posters, signs, small gifts, treats
- Anonymous quotes or words
- Creates positive feelings, encouragement

## Motto's & Hashtags

- New Year, New Conference, New Attitude
- January
  - Get Juiced
- February
  - Stick out like sore thumbs (SOLST)
- March
  - Grin and Grind
- April
  - What Fires You
- May
  - Ride the Train
- Postseason
  - On the Hunt

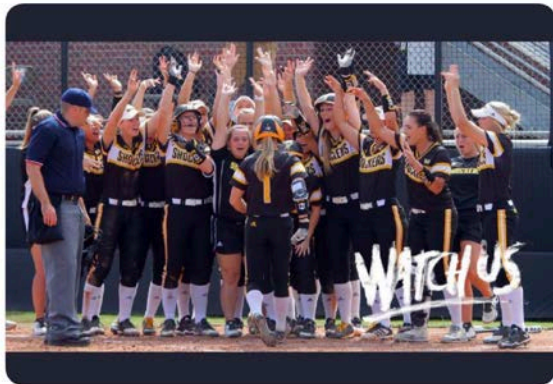
 **Kristi Bredbenner**  
@CoachBredbenner

Happy flight for @GoShockersSB.  
Heading home to rest and get ourselves  
ready to fight for our first  
@American\_SBall championship. Let's go!  
#watchus #release #toughTs  
#whatfiresyou #ridethetrain 🍌🍌🍌🍌🍌



 **Bailey Lange**  
@BaileyLange27

IT'S GAMEDAY AND WE'RE  
#ONTHEHUNT 🐾 watch us on ESPNU  
AT 1:30!



5/18/18, 9:31 AM

 **Kenzie Wright**  
@kenziewrightx

We made history!!!! So proud to play for  
this team!!! Such a fun season ❤️

**Shocker Softball** @GoShockersSB

The first appearance in an NCAA Regional  
Championship game.

Here's to our 2018 Shocker softball team; you  
made history. 🍌



 **Kenzie Wright**  
@kenziewrightx

game day VS Arkansas at 1:30 ❤️  
#ChampionshipSunday



 **Kristi Bredbenner**  
@CoachBredbenner

Howling and prowling! @GoShockersSB  
starts a new season today! First pitch 1:34  
on ESPNU. Let's go! #watchus #MAYhem  
#OnTheHunt #Release #ToughTs 🍌🍌🍌🍌🍌



5/18/18, 9:26 AM

 **Kristi Bredbenner**  
@CoachBredbenner

The fire was hot today!! Last  
@American\_SBall series at home was a  
cold one but the Shockers were caliente!  
@GoShockersSB got the sweep with 3  
🍌, including a huge grand slam by  
@mauriana\_jamele. #watchus #release  
#ToughTs #whatfiresyou 🍌🍌🍌🍌🍌

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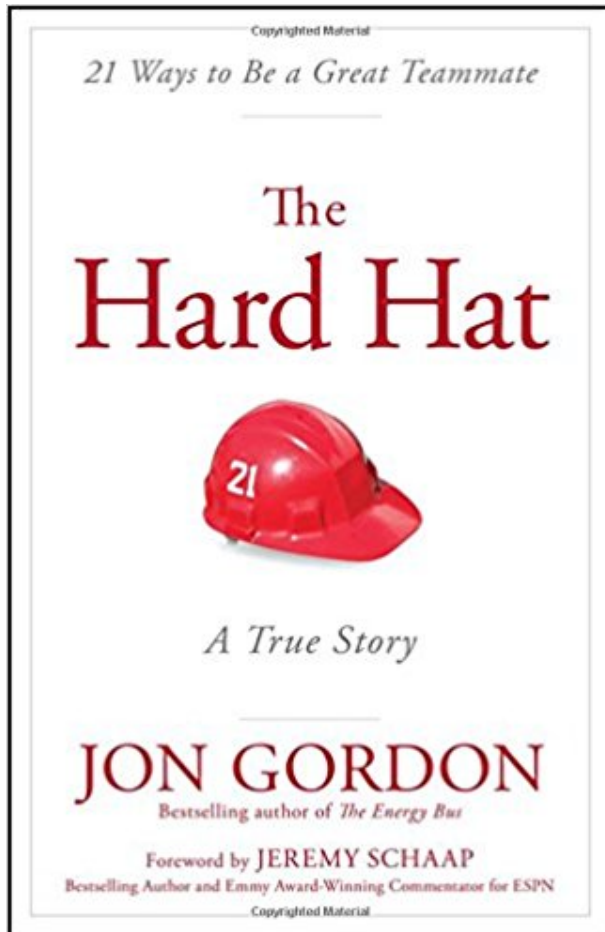
# Team Chemistry

***“All players need positive encouragement. You must care about the last player on the bench as much as you do your brightest star.”***

**Team Chemistry starts from the top!!**



# The Hard Hat



# The Hard Hat

*Set the Example.  
Be Driven.  
Be Selfless.*

- Jon Gordon



The Hard Hat | *Great teammates don't just impact you today;  
they impact you for the rest of your life.*

HardHat21.com

*3 THINGS  
You Control  
Each Day*

*1 Effort*

*2 Attitude*

*3 Actions to be a  
Great Teammate*



The Hard Hat | *A true story about how  
to be a great teammate.*

HardHat21.com

# Team Chemistry

## **QUESTIONS!!**

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