

Building Team Culture / Team Building Activities

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Sue Ziegler

Lincoln Lutheran High School

sziegler@lincolnlutheran.org

*Note - A powerpoint presentation will also be available on this closer to the clinic date.

My Story

A. Team culture defined:

1. Every team has a culture, but why is a **good** team culture important?
 - What do you value?
 - How do you motivate your team?

2. What is an effective team culture?
 - All team members contribute to goals - collaboration
 - Opportunities for growth
 - Supporting and encouraging others to succeed - engagement

3. Steps to take to build a strong team culture
 - Know your why, or your purpose
 - Share your vision or mission
 - Have a common understanding
 - Have fun!

B. Who are some inspirational leaders, motivational speakers, authors, coaches that have influenced you in building your team culture?

1. Jon Gordon

“Great leaders know that great cultures create results, not great results create a great culture.” “Positive leaders can build a great culture, negative leaders cause a culture to crumble”

Read his books, they seem to always remind us to keep our vision alive, even on days where we feel frustrated. Ones that I have read are: The Carpenter, The Energy Bus, Power of Positive Leadership, You Win in the Locker Room First Follow him on Twitter - @jonGordon11 - He has some podcasts available, free downloads as well.

Share with your team for discussion

Ex. Energy Bus - Identify who are your Energy Bus Drivers on the team and also who are the Energy Vampires

2. Others to consider readings or following podcasts,...

better

Max Out Mindset - Dr. Larry Widman - Shares insight in his book on how to

prepare teams to take the right steps to reach their goals.

A Fresh Season - Terry Pettit - Shares insights from his experiences in coaching that make for great lessons in life

UNL Head Coach - John Cook - Featured speaker at NETA this year - NU vs Washington match story, their WHY was in Jordan Larson, her mom fighting cancer. Down 0-2 but came back and then went on to win a National Championship

Coach Cook also spoke of the 3 bones we need:

Backbone to stand up and say no and make good decisions

Wishbone to dream big

Funny bone to make sure they enjoy what they are doing

Neruofuel - We did a 2 week trial on it and are considering using it for our team

If you had questions on it, check with other coaches that use it. Kristin Bernthal Booth spoke on it at clinic last year.

Join the AVCA - great reads and drills available online and at the convention.

You are doing the right thing now by attending this NCA Clinic!

C. Theme for your team

Seniors get together and collaborate to choose it

2021 - Ours was "One Team One Dream"

D. Build Relationships

- Get to know your players off of the court, in a professional way
- It is hard to build talent if you don't have a relationship with them
- Teammates need to respect each other on and off of the court
(Story)

E. Challenge yourself and your players

- As a coach you need to be accountable and hold them accountable for their actions

F. Things we do at Lincoln Lutheran to help to strengthen our team culture

1. Hire a Coaching Staff that has passion, knowledge, and cares for each player
 - Use their expertise, specialties, share philosophy, and reliability
 - Get to know your MS coaches as well
2. Corner up - all teams together at the beginning of practice
 - Announcements, recognition, birthdays, upcoming matches,...
 - Even during COVID in 2020, met on Zoom, gave challenges to complete
3. Running as a group for warm-up
 - Sing or chant by grade for each lap as they run - all join in

-Brings joy to something otherwise they may not love doing

4. Team Stretching circle

-One big circle - alternate leaders in the middle by grade or team

5. Pre-Practice training drill stations

-Assign groups mixed up with other grades or team skill levels

* I will be talking more on these in the next session

6. Get to know the whole team

-Mix up groupings- not the same partners

-Line up according to a questions answer and then pair up that way

7. Team Bonding Activities to promote team comradere

-Team Tuesdays (Video) Mix up teams for this as well.

Activities that we do for this are:

Olympics

Camo dress up - dive for volleyballs on the mats

Disco or 70's dress up - teams make a poster of an assigned coach dressed up

Pumpkin painting - Invited our Champion girls to paint them with us

8. Goal setting for each match

-Scouting report for the Varsity team, and then set goals together

- Post-match - review our goals to see if they were met and the team votes on one player who deposited to the bank, meaning gave the most effort in the match. We have a piggy bank that they put their vote in.

9. Secret Sisters

-Players will draw names according to the team that they are on so have same game dates

-Our coaches do this too (story to share)

10. Team Dinners

-Hosted by our parents

-Go after a practice, eat, and then play a few team games - 4 on a couch, cake flip,...

11. Seniors

-Backbone of the team so are given special responsibilities such as: Theme verse, Theme words, Team bonding activities, schedule our team devotions.

12. Dress Up Days

-Dress up for home games

-Dress in the same color for some practices, or color by grade or team

13. TeamSnap App

-We use this app for our social media. It helps for communication amongst coaches, players and parents. Shows events dates, notifications for changes, availability, can put in athlete information, birthdays,...

Does anyone here care to share some of the activities or things you might do with your team to develop your team culture?

Wrap up / Conclusion / Questions