GROUP DYNAMICS

Athletes will be introduced to Mental Skills
Training and the importance of their role on the
team. Common issues when participating in a
group will be identified along with strategies to
take ownership of these aspects.

GROUP CULTURE

The team will establish common core values to more clearly guide team culture. Members will also determine how they plan to hold each other accountable, build trust, and foster a strong support network.

TEAM VISION

Athletes and coaches will learn to collaboratively establish team goals while recognizing current barriers, strengths, and resources needed to achieve such goals.



TEAM BUILDING

1.0

COMMUNICATION

This session will allow the team to learn basic communication principles and engage in problem solving to enhance their overall cohesion and efficiency.

COHESION

Athletes will take a deeper look at group behavior, roles, and how to come together for the common good of the team through the use of encouragement, feedback, and support.

INTEGRATION

The final session(s) will allow the group to test their skills and create action steps to maintain improvements in cohesion, communication, and goal setting that will last all season!