

Team Building
Montana Coaches
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August 2, 2018

Why We Play

- A. Play for the Feeling
- B. Affiliation/Belonging
- C. Empathy and Understanding
- D. Fun
- E. Challenge (competence)

Tennis Professionals create team Environment and Entourage

Create Brotherhood/Sisterhood

- A. Three levels of Team
 1. Teammate (anyone can be a teammate)
 2. Comrade (plays for “comrades” on team)
 3. Brother/Sister (not only plays for teammates, but takes care of them on and off the court. They are emotionally engaged and invested in the development and growth of teammates)
 4. “What is a good teammate”
 5. One of the main goals of a teammate ideally should be “wanting to be a great teammate”.

How to Take the “I” to “Us” to enhance development and performance

- A. Team Retreat (sharing common and shared goals)
 1. Connecting with teammates, staff, and coaches
 2. Introductions made by teammate
 3. Favorite songs, artists, movies, etc..
 4. Most defining moment of their life
 5. People who have made the greatest impact on their life and tennis
 6. Explain and envision what each year of school should be like (envision the future)
 7. Taking care of future self
 8. Leaving a Legacy (Begin with the End in Mind)

Romancing the Individual to the Sport/Team

1. Rituals and Traditions (the stronger the rituals, the stronger the family)
 - a). time practice starts and ends, how it begins, how it ends
 - b.) Team meetings.
 - c) Social Interaction (go to movie, play, concert, other athletic events as a team)
2. Rituals of team Culture/community should be stronger than those of the Individual and in fact should be the stimulus for the individual Players Rituals

*Handbook

- *Community Service Participation
- *Set Principles/Code/Pillars of Program

Practices --Creating a Culture

Creating a Culture for the Individual to thrive in a Team Environment

1. Music
2. Drills with game based orientation
3. Uniforms
4. Use of Teammates to Mentor, Coach and Teach each other
5. Social Activities
6. Other Sports
7. Travel
8. camping
9. Nicknames
10. Physical Fitness (games ie..Ultimate)
11. Communication (social media, email)
12. Book Club
13. Network of Team Members
 - a) Trainers, sports psychologist, parent club, coaches club
14. Team Meetings

Match and Tournament Play

- A. Support
 1. Teammates support by being completely Present
They support by “playing the match” emotionally, spiritually, & intellectually
While the “player” plays physically
- B. Pre match rituals, match and post match rituals
- C. Post match evaluation and review sessions

“For the Raindrop, Joy is entering the River”

