

GOAL: Improve my ability to communicate with my teammates



Things to consider:

- Can your communication be loud, confident, clear, and positive
- There will be times where a teammate “doesn’t listen” or “doesn’t do” exactly what you’ve said. In those moments, how can you respond to move forward and help your teammates improve?

Things you can do outside of practice	Things you can do at practice	Things you can do to help with games
<p>Click Here for Video of Virgil Van Dijk communicating to his team as the captain of the Netherlands.</p> <p>Loud and Confident:</p> <ul style="list-style-type: none"> • Players need to hear you. Your directions need to be confident, but help players gain confidence. <p>Clear:</p> <ul style="list-style-type: none"> • Use a player’s name and a simple command like “Up”, “Away”, “Time”, etc. <p>Positive:</p> <ul style="list-style-type: none"> • Proactive over reactive: Can you communicate before a problem happens, rather than waiting to react after something goes wrong. • Catch them doing it right: Find moments where players did things well and say something. 	<p>Attitude:</p> <ul style="list-style-type: none"> • Come to practice to have improve and have fun. What can you do to get better with your communication at practice? • Growth mindset: Even if you’re not the loudest or most talkative, communication is a skill you can build. Communicate at every practice. <p>Focus:</p> <ul style="list-style-type: none"> • Listen to your coach and work with them on what you should be communicating to the team • Speak with your teammates on what words you can use to effectively communicate. <p>Effort:</p> <ul style="list-style-type: none"> • The best leaders are not always the most talented, but they show the most effort. Can you show your best effort and encourage players to follow with your voice. 	<p>Before Game:</p> <ul style="list-style-type: none"> • Create the script: List some of the words you are going to say before the game and when they will be used. Practice saying them to yourself. • Mental repetition: Visualize an example of you communicating effectively. Replay that moment in your mind 5-10 times. Find another example and repeat. <p>Once the game begins:</p> <ul style="list-style-type: none"> • Trust your preparation, your team, and yourself. GO ENJOY IT!

Short Term Goals: *Note these are just examples. Feel free to come up with different ideas you can do consistently throughout the season that will help you achieve your goal*

- Outside of practice: Come up with a list of words that you can say that will help your team during the game. Similarly, create a list of words you can say to help your team when things aren’t going well. The goal is that they will be loud, confident, clear, and positive.
- At practice: Rate yourself on a 1-10 scale (1 being your worst 10 being your best) on your attitude, focus, and effort after every practice. Can you consistently be at an 7-10?
- Games: Try mental repetitions before each game (night before, car ride, etc.). After the game, did you think it helped your performance? Why or why not?