Improving Team Performance And Unifying Your Athletes!

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Identifying/Developing Team Leadership

To improve performance; you must first identify each of your athletes personalities, behavioral characteristics, their individual strengths, areas of development, and then ultimately meld them together to bring your team together to accomplish the season’s goals.

1). Recognize the key components of leading your team! Be realistic and determine what your vision is and in turn, blend it with the identified individual/team goals.

- Team Goal Setting Sessions – Measurable and Attainable
- Immediately Discuss How Team Dynamics, Challenges, and Potential Problems (i.e. – personalities, school conflicts, etc.) will be handled as a team and determine the chain of procedures will be handled.

Build leadership from the bottom-up to support your coaching efforts!
The RIGHT Players Are Not Always The Best Players! And That’s Okay...

2). Diversify your leadership – Include an upperclassman and underclassman in order to adequately represent the spectrum of classes. This also allows you to have a strong leader for the following year who understands the rules, expectations, and equips you with strong leadership year after year.

• To prevent popularity contests, it behooves a coaching staff to select the leadership the first season, and then discuss the underclassmen selection with your returning leader the following season (i.e. – Senior and Junior)
• Leadership “teams” amongst your program allows you to spread leadership throughout your teams and better prepare them for the seasons to come.
• Hold leadership meetings/trainings with coaching staff and captains weekly to keep a finger on the pulse of the team dynamics and be proactive in managing potential challenges or issues.
Team Performance Improvement Creates Team Harmony

1). Recognize that each athlete is an individual and coaching to that unique dynamic will only drive the whole team to perform at higher levels.

2). Encourage team communication through player assessment, personality and character evaluations, sharing personal dreams and goals, and taking time to genuinely get to know each other.

3). Collaboratively and clearly set both individual and team goals to enhance effective focus, showcase team strategies, and stimulate visualization on a team scale.

4). Develop and foster opportunities for your team to work hard for each other, encourage one another, and come together each time they play, practice, or share moments.

You Can Do It!

BELIEVE
Who Do You Play For?
Creating Team Unity

1). Discover effective communication in all areas of play. Tones, words, activities, treatment of one another is key to developing trust and a willingness to “battle” for each other…

*Battle To Bones Versus Bones To Battle!*

2). Actively incorporate activities that build and bond your team. Trust is the crucial element that has the strength to raise champions to new levels of success; both on and off the field or court!

3). Provide energetic and fun trainings/workouts that unite the players, encourage teamwork, talk, trust, and learning about one another whenever possible!

4). Organize breakaways and offsite events that encourage relationship building, embracing the differences amongst players and coaches; and truly getting to know each other.

5). Require “How To Handle Me” Memos is an open, concise way for teammates to earnestly share with their fellow teammates how best to handle them in challenges, emotional, and/or highly stressful situations.

6). Evaluate team performance together and individual performance with the coaching staff and individual athlete.

7). Enjoy “Rock Talk” to lift and inspire your team. Team to collect and create them for their team!
Positive State of Mind

We are the mental support and guidance our athletes need and as coaches, we facilitate their ability to be a part of a team!

We encourage, drive team competition, and push athletes to challenge their limits to foster their growth as individuals and athletes!

**Remember, we are asking them to publicly try and potentially fail in front of their friends, families, and teachers. That itself can take it’s toll on even the best of competitors!**
“We’re A Team, When One Person Struggles, We All Struggle!”
No Crying, Just Get To Work And Make It Happen!

Remember ~ You Do Make An Amazing Impact On Those Athletes Around You!

They Need You To Bring Them Together…
The challenges of coaching can weigh heavily on even the strongest of coaches; but know that you are appreciated and that your dedication, hard work, vision, and determination imprints itself upon each athlete that passes through your program; disguised as those ever important life lessons we strive to teach each student athlete who is willing to be open enough to learn! You can lead a horse to water..... And as always - No Fear!
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