



INFUSING THE 5C'S INSIDE PRACTICE AND COMPETITION

CULTURE

- Vision, mission, goals, terms of reference, values exercise – by team.
- Mandatory pre-season team meetings to share philosophy, direction and questions.
- Greeting each player as they arrive / goodbye as they leave
- Team goal setting at the beginning, middle, and end of the year.
- Pre / mid / end of season evaluations - what gets measured becomes what matters.
- Special handshakes with some of the players that care
- Laughing and humour as a key aspect of keeping it loose rather than a stress
- Leaving dressing room cleaner than you found it (i.e. Sweep the sheds)
- Humility & respect in victory. Humility & respect in defeat
- Community engagement outside of sport - pick the cause (legacy)
- Supporting other teams and other club endeavours outside of sport.
- Understanding & embracing the servant leadership. Pointing out when it happens.
- Operating by the understanding that you're either winning or your learning.
- Coach has/owns practices, players have/own the games
- Articulating the coaches & players 'why'
- Consistency with dress - team colours, logos, gear
- Assigning nicknames
- Volunteering as a team to give back to community, fundraise for their own trips
- Consistency of delivery of the rest of the C's.

CONNECTION

- Using the kid's names as often as possible.
- Finding out what each players' currency is
- True colours test / evaluation
- Less of / more of exercise
- Around the room what teammates like most about each player
- Greeting each player as they arrive / goodbye as they leave
- Pre / mid / end of season evaluations
- Warmups - run by them
- Pre session rondos - all together
- Once a month the players run the session based on the coach's theme
- Teams rarely if ever made up of one age group so they mix
- Encourage carpooling and tournament meals but not arduous for parents
- Older players asked to share and help younger players positionally
- Intentional team building exercises
- Recognizing individual accomplishments / birthdays etc. outside of sport
- During warm-ups talk to one player every practice and ask them about their days, school, other activities
- Understand what different stakeholders value from their experience and ask them early and often if those values are being met
- Open door policy / support pathway – judgement free – any time.
- Planned player – coach meetings. Planned parent – player – coach meetings
- Sharing your story, leading with vulnerability
- Mirroring
- Get to the players level (i.e. squat down, be the same height)



- The 3 levels of effective listening
- Personal/team goal setting alignment
- Team bottleneck/build up exercise
- The power of powerful questions
- Team choice awards
- Bets/payback with players (if all players hit their in-game assignment, win or lose coach will dress as a chicken to next game/practice, etc.)
- limit phone/screen use when together as a team. Pay attention and be present

CHARACTER

- Deliberate team building exercises
- Implementing a 12wk mentorship program / homework.
- Individual goal setting with intentional check in
- Pre / mid / end of season evaluations
- Bags and gear always in a row and organized before session can start.
- Same goes with kit. Nobody gets to wear whatever they want. A Club looks and acts the same on basic stuff. Your personality is your own.
- Handshakes for coaches, with eye contact AND encourage every player to shake one another's hands, with eye contact.
- Understanding & embracing the servant leadership. Pointing out when it happens.
- Supporting vulnerability. Setting up safe forums to address the challenging topics
- Players run warm up. Take turns but inevitably leaders start to shine through.
- Recognize players exemplifying values like - Respect, Sportsmanship - highlight when a player demonstrates in games and even practices
- Behaviour check list established by team. Reading references & resources.
- Lifelines exercise. What are the formative experiences (that the coach or member is willing to share) that have shaped who they are as a person?

CONFIDENCE

- Less of / more of exercise.
- Around the room what teammates like most about each player.
- Implementing a 12wk mentorship program / homework.
- Assimilating each player with a professional identify based on skills.
- Pre / mid / end of season evaluations.
- Addressing the three types of feedback.
- Not removing players from a game for making a mistake.
- Individual talks with players about their life and what's going on, especially the shy or quiet ones.
- Work with the player to agree where and when they should play so they gain the most from the game.
- Find ways to measure & monitor success so they can see it. Juggling tests.
- Play the right level of opponent. Nobody likes getting smashed.
- Praise effort vs. results, encourage kids to make ugly mistakes in practices.
- Concerted effort to find and recognize desirable traits during a period of time in a practice / game.
- Encourage risk taking during practice & games.
- Thoughts-beliefs-emotions-actions-results model.
- Past success list (past success dictates & opens up future success).
- Team bottleneck/build up exercise.
- One specific compliment for every player after every game.
- Comments in a hat about their fears and what they want to be better at – Sport/Life.



COMPETENCE

- Individual goal setting / game.
- Team goal setting / game.
- Pre / mid / end of season evaluations.
- Players understand the two areas we care about: Personal and team possession as seen by % of time we keep the ball in a game and pass completion %.
- Metrics shared digitally & in person regularly.
- Individual sport skill tests to check in on technique and to showcase personal practice time at home.
- Sessions based on decision making and learning levels.
- Fun so they want to come back.
- Encourage risk taking during practice & games.
- Question the decision-making vs criticizing the movement / play.
- Entire focus is related to individual inside a team as opposed to a team that has individuals in it.
- Intentional focus on development vs. wins.
- Provide tools & resources for players to further themselves at home.
- No laps. No lines. No lectures. Kids come to play & move. Make that happen.