Teamwork

To some extent, sports teach teamwork all on their own. But sometimes, especially if your athlete plays an individual sport, the importance of working together needs to be taught deliberately.

Like with technique drills at a practice, teamwork is something athletes need to be continually reminded of. Emphasizing the follow three tenants of teamwork will benefit them throughout the rest of their athletic career, as well as in everyday life:

1. *By improving your own skills, you are improving the team overall*

2. *True teamwork is only possible when who receives credit is unimportant*

3. *Success comes from knowing and appreciating your teammate's roles*

How to Teach Teamwork

Teamwork can be taught many ways, but unfortunately, it's often not addressed until an issue arises at a practice or game. A more proactive approach is to instill the importance of teamwork outside of when your athlete is playing their sport:

Point out examples of great teamwork when watching sports live or in person	*Show how easy some everyday tasks (like bringing in groceries) are when using teamwork*	*Play your athlete's favorite board game or video game with them, but force everyone playing to team up*	*Set a collective goal that will hold you and your athlete accountable and force you to communicate as teammates*

For these examples or any others you come up with, always keep in mind that much like a good shot, swing, or stroke, good teamwork requires consistent effort and practice.

To learn more about developing youth athletes that are team players, check out:

- **Learn.TrueSport.org** for insightful articles and videos full of valuable teamwork tips
- **Teach.TrueSport.org** for an entire lesson plan for teaching better teamwork
- **Play.TrueSport.org** (app available on the App Store and Google Play) for fun teamwork-focused games you can play with your athletes