



# SCRIMMAGE!

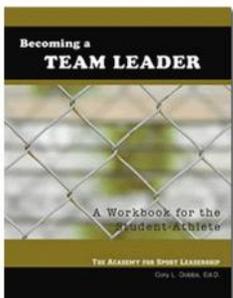
*Student-Athlete Edition*

WWW.SPORTLEADERSHIP.COM  
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## ABOUT THE ACADEMY FOR SPORT LEADERSHIP

The Academy for Sport Leadership's underlying convictions are as follows: 1) the most important lessons of leadership are learned in real-life situations, 2) team leaders develop best through active practice, structured reflection, and feedback, 3) learning to lead is an on-going process in which guidance from a mentor coach helps facilitate learning and growth, and 4) leadership lessons learned in sport should transcend the game and assist student-athletes in developing the capacity to lead in today's changing environment.

***Becoming a Team Leader: A Workbook for the Student-Athlete***  
\$13.95 (bulk discounts available)



## Infuse Your Team with Passion

Every team has players who always do less than they are asked; still others who will do what they are asked, but no more; and some who will do things without anyone asking. What every team needs is more of the third group, players who serve to inspire those around them to do things that will make the team better. These are the players who constantly renew their commitment to being their best and whom others seek to model.

A fun and energizing environment is much more productive than a routine and stale environment. Student-athletes who enjoy their sport *and* their teammates will come to practice with more energy—more passion. And this can be contagious.

Infuse your team with passion. Help teammates believe in themselves. Build their confidence and self-esteem. Search for ways to make your teammates feel important and appreciated. Celebrate and get excited about the successes and accomplishments of your teammates. Make it a daily goal to point out the strengths and contributions of those around you.

Infuse your team with passion by vigorously following eight principles in your daily activities.

1. **Keep your fire burning.** Fill your energy tank frequently. Your teammates feed off your fire. Avoid burn-out. Know when to focus on activities outside your sport.
2. **Take charge of your moods.** Recognize your present mental, physical, and emotional attitudes and have an action plan to get you out of the ruts.
3. **Listen to teammates.** Spend time with your teammates and attempt to understand their feelings, perspectives, and experiences. Make it a way of life rather than a periodic or one-time event.
4. **Be there for others.** Team building is about recognizing, respecting, and appreciating your teammates. Your friendship can be just the encouragement a teammate might need to make it through a challenging time. The smallest gesture, a simple act of kindness, at just the right time can make a big difference.
5. **Act with integrity.** Blaming, finger-pointing, and accusing will lead to negative emotions. Do what you say you will do. In other words, walk the talk. Your attitudes and actions should be consistent with your words.
6. **Be genuine.** Your teammates will see right through you if you are phony and superficial. They want you to care about them and help them achieve their goals. Belief in your teammates will breed trust and healthy relationships. Point out others' strengths and contributions—daily!
7. **Refrain from excuse-making.** Players that are committed to excellence identify what top-notch performance looks like and then take action steps towards that standard, never making excuses for disappointments and failures along the way.
8. **Mend broken fences.** Great teammates are those willing to admit mistakes. Durable and enduring relationships are built by pushing through adversity. Conflict is natural. Restore relationships where conflict has caused tension. Be patient, persistent, and pleasant when restoring a relationship.