

Athlete Leadership: Foundations of Learning



Issue 2: Being A Great Teammate

In sports, the team that finishes on top is not always determined by the most talent, but by the team that plays like a TEAM. The best TEAMS are made up of athletes who work together and who are willing to make sacrifices. You don't have to be the most talented member of the team to leave the biggest impact.

What makes a great teammate?

To be a great teammate, **consistency is key**. A great teammate is **positive, full of energy** and **enthusiasm**, regardless of the situation. Positivity will transfer to the other members of your team. A great teammate is willing to accept feedback from the team.

How can you be a better teammate?

LISTEN WELL: Be coachable, take constructive criticism from teammates

BE ACCOUNTABLE: Admit mistakes and improve, take responsibility for your actions

HAVE A GOOD ATTITUDE: Focus on continually improving, have a positive outlook on the team and the season

COMPLIMENT TEAMMATES: Make a big deal out of the good play of teammates/make a small deal out of their mistakes

WORK HARD: Be better today than you were yesterday, go the extra mile at practice

SHARE IN THE VISION: Unify personal goals with team goals, help teammates buy in to team goals and vision






SACRIFICE: Give up personal glory for team success, serve your teammates with humility

How can I stay involved and be a great teammate when I am injured?

At Training:

Help the coach set up the session 	Manage a team in the game at training 	Give advice to team mates during breaks 	Referee games 	Keep the score for the players during training games 
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At Matches:

Analyse team performance 	Join the team in the changing room before the game 	Assess the player in your positions 	Give feedback to players at half time 	Warm up the substitutes 
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