



COACHING STUDENT ATHLETES SERIES

Team Bonding

EDUO 9729 One Semester Unit

Instructors Dick Bach & Ernie Shaffer

Course Description

The development of team chemistry by molding numerous personalities into a cohesive unit is the focus of this class. The course will prepare the participant to manage individual attitudes while getting those individuals to think together as a team.

Required Text: *Successful Coaching*-4th Edition by Rainer Martens, Human Kinetics; (February 17, 2012)

Course Objectives

By the end of this course, the participant will:

- Be ready to turn potential negative situations into positive bonding solutions
- Develop strategies that help in creating bonding attitudes.
- Personalize and develop strategies to help student/athletes to bond together as a team.

Grading Rubric

Exemplary: A+ to A-	Acceptable: B+ to B-	Unacceptable: Must be resubmitted
All assignments are complete and accurate.	All assignments are complete and accurate.	Assignments are incomplete and/or contain inaccurate or inappropriate responses.
All assignments are reflective, thoughtful, clearly identifiable and relevant identifiable and relevant.	All assignments are complete, identifiable and relevant.	Assignments are not complete and/or irrelevant.
Overall appearance is very well organized and free of spelling and/or grammatical errors.	Overall appearance is generally organized with limited spelling and/or grammatical errors.	Overall appearance shows little organization and has spelling and/or grammatical errors. Difficult to read.

Assignments

1. Getting to Know Your Textbook

Get to know your textbook by quickly looking through and find areas that deal with team bonding or chemistry. List the pages with footnotes stating how they deal with team bonding or chemistry. You will become more acquainted with your text as you complete the other course assignments and add more pages to this assignment.

2. Team Members Getting to know Each Other

- What kind of team activities will you promote that will acquaint your team members with each other
- What pages did you list in assignment#1 or add pages that refers to team activities that acquaint team members with each other?
- Compare & contrast assignment #1 with assignment#2 with regards to bonding

3. A Bonding Experience

- Describe an experience (does not have to be an athletic experience) that you have had or know of where a powerful positive bonding experience occurred.
- What was the result of this bonding occurrence?
- Explain how this experience can give you some direction in your quest to mold your student/athletes into a cohesive unit.

4. Team practice

- What practice techniques will you use to have your team members have fun as they cooperate with each other to learn and reinforce needed fundamentals of their sport?
- What pages did you list in assignment #1 or add pages that refer to team practices?

5. Your Attitude

- Your attitude is extremely important in building team chemistry that will create the type of team bonding you desire. Describe what that attitude and personality looks like.
- What kind of checks can you put in place that will help you reflect the type of attitude described above?
- What pages did you list in assignment#1 or add pages that refer to the coach's attitude?

6. Your Student/Athletes Attitude

- You have a student/athlete who is starting to have a negative attitude and you are concerned that it will influence the chemistry of the team. How are you going to turn this potential problem into a positive team bonding solution?
- What pages did you list in assignment#1 or add pages that refer to molding student/athletes attitude into team bonding?

7. Diversity

- How are you going to use diversity as a positive tool toward team bonding?
- What pages did you list in assignment#1 or add pages that refer to how to handle diversity?

8. Parent Conference

You have a conference with a parent who says that their child is being harassed, bullied and teased by some of his/her teammates. The parent states that their child likes you and wants to participate in the sport you are coaching, but if the conduct continues the parent will pull their child from the sporting activity. You are surprised for you have not noticed such activity occurring.

- How are you going to handle the parent so that you both are working together on this problem as a team?
- How will you deal with this information so that it turns into a positive team building solution?
- What pages did you list in assignment #1 or add pages that refer to parent concerns?

9. What Happens in Vegas stays in Vegas

The casual use of social media by today's youth (including student/athletes) can create bad chemistry among teammates.

- What policies can you enforce that would create only positive bonding use of social media by your student/athletes?
- How would you create team bonding by solving conflicts among teammates through a team only system?
- What pages did you list in assignment#1 or add pages that refer to social media and/or solving problems among teammates within the team?

10. Mission statement

- Create a mission statement for your team, their parents and your administrator that would include team bonding.
- How would you go about including your student/athletes in the creation of such a mission statement?
- What pages did you list in assignment#1 or add pages that refer to a mission statement?

11. Team Bonding

Read and study the following three websites resources and then answer the following: Which one of the three website resources aided you the most in helping you with information about team bonding? State why.

- <http://www.breakthroughbasketball.com/articles/lifelesson1.html>
- <http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&ved=0CDIQFjAA&url=jAA&url=http%3A%2F%2Fwww.oregonyouthsoccer.org%2Fassets%2Fcoaches%2F>
- [CBxBjmhMr40laq7JMk5z6 DL-2Q&sig2=Bv0GkEE3kERG5SLQoHs6IQ&bvm=bv.49784469,d.cGE](http://www.nfhs.org/CoachingTodayFeature.aspx?id=6174)
- <http://www.nfhs.org/CoachingTodayFeature.aspx?id=6174>

12. Putting it all together

State, how your program will shape your individual student athletes into a cohesive unit that has bonded into a team with great chemistry.

Instructions for coursework submission:

When you have completed your assignments, post all coursework at one time in the Completed Coursework DropBox at the bottom of the course page. You are allowed 9 months to complete the course. If you have questions about the course, you can reach your graders by email or phone.

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- For questions involving your registration, contact Steve Horning (shorning@dominicancaonline.com) or Karianne Pulli (kpulli@dominicancaonline.com) or see <http://dominicancaonline.com/faq.htm> for more information.

COACHING STUDENT ATHLETES SERIES

<u>EDUO 2720</u>	Dealing with the Problem of Athletic Drug use
<u>EDUO 9721</u>	Developing a Code of Conduct Handbook
<u>EDUO 9722</u>	Developing Successful Life Skills through Athletics
<u>EDUO 9723</u>	Discovering your Coaching Style
<u>EDUO 9724</u>	Effective Communications
<u>EDUO 9725</u>	Good Teams and Character go Hand in Hand
<u>EDUO 9726</u>	Keeping it in Perspective - Make Every Kid Count
<u>EDUO 9727</u>	Managing your Athletic Program
<u>EDUO 9728</u>	Proper Nutrition & Athletic Performance
<u>EDUO 9729</u>	Team Bonding
<u>EDUO 9730</u>	The Legal Liabilities of Teaching/Coaching
<u>EDUO 9731</u>	Training to Acquire Specific Skills
<u>EDUO 9732</u>	Welcoming Diversity into Your Program

ATHLETIC COACHING SERIES

EDUO 9703	Coaching is More than Xs and Os
EDUO 9704	Athletics-A Positive Path Through the Journey of Life
EDUO 9706	Creating a Healthy Lifestyle
EDUO 9707	Look Before you Leap
EDUO 9705	Let's Look at this Another Way

REFLECTIVE READING EDUO 9000 – BOOKS THAT MAY INTEREST COACHES

Baseball's Great Experiment (Jackie Robinson	Jules Rygiel
Best Year Ever	Bill Cecil
Eleven Rings: the Soul of Success	Phil Jackson
The Essential Wooden	Steve Jamison
Inside Out Coaching	Joe Ehrmann
How Sports Can Transform Lives	Gregory Jordan
Open	Andre Agassi