

## YOUR WORTH TO THE TEAM

[http://www.coachestoolbox.net/program-building/your-worth-to-the-team?utm\\_content=91e62eb2f6f4ed64bd221ba4e0a5fe9c&utm\\_campaign=151114all&utm\\_source=Robly.com&utm\\_medium=email](http://www.coachestoolbox.net/program-building/your-worth-to-the-team?utm_content=91e62eb2f6f4ed64bd221ba4e0a5fe9c&utm_campaign=151114all&utm_source=Robly.com&utm_medium=email)

To check your value to our team, ask yourself these questions:

1. Am I mature enough to work at things seriously?
2. Do I observe the rules of our sport?
3. Do I expect and respect authority?
4. Do I conform to all training rules?
5. Am I willing to sacrifice for the team? And for myself?
6. Do I work hard in practice to improve my fundamentals?
7. Do I recognize correction from the coaches as an effort to help me to improve rather than as a criticism of my performance?
8. Do I help and encourage my teammates when they are striving to improve?
9. Do I stand up for the team or a teammate when I hear criticism?
10. Do I tell a teammate to stop complaining?
11. Do I report any dissension among players to the coaches?
12. Am I dedicated to the point where I'm willing to make any sacrifice which will improve our team, improve myself, or improve the image of our team?
13. Do I recognize the fact that while on or off the field/court my actions and performances are a reflection on my family and on the team?
14. Do I take pride in my actions, dress, and speech on and off the field?
15. Do I have a spirit of cooperation with other team members and the coaches?
16. Do I have a burning desire to win?
17. Do I continually work to improve—never being satisfied with my present development?

18. Do I have the self-discipline and mental toughness to fight back when the chips are down?
19. Am I all business before and during the game?
20. Am I a hard loser? That is do I profit from my mistakes by thinking and talking over the cause of defeat and make sure the same cause never defeats me again? (There is a great difference between a hard loser and a poor loser)
21. Do I recognize the privilege and honor of being on the team?
22. Am I eager to learn more?
23. Do I spread enthusiasm to others through my enthusiasm and eagerness?
24. Do I set an example for younger players which will make them eager to become the same kind of player and person as I am?