

3E Team Huddle Sheet

..... **What is your Body Language Saying**

Get The Team Thinking

"Since an attitude is often expressed by our body language and by the looks on our faces, it can be contagious." -John C. Maxwell

**Write this or one of your own on a board*

Get The Team Talking

1. Explain that body language communicates more about a person's attitude and how they are feeling than your words.
2. Ask your athletes to name athletes they saw on TV that storm off the court, field, ice or whatever. Maybe this athlete threw their helmet or water bottle, yelled at a teammate or worse yet yelled at their coach. Maybe they went to the end of the bench and pouted. Ask them what they thought of that? Ask them if those that they named got traded (most do)? Ask them and discuss why?

Make It Relevant

1. Share a story of a time where poor body language on one of your athletes frustrated you as a coach and had a negative impact on the team culture. (If you don't have anything use the example on the following page.)
2. Try to highlight how players who are not engaged in huddles or who seem disconnected because they are not playing are weakening the team and themselves.
3. Explain how players who telegraph bad body language can not only disrupt the balance of the entire team by affecting the mood of their teammates, but it can also indicate a selfishness that will affect their usefulness to the cause.
4. Explain how other teams watch what you do. They will use negativity within a team as fuel, but positivity can help you win the mental game over your opponent.

Get Better Every Day

1. Ask the team to think about things that might cause to display bad body language and what they can do to present positive body language. Some things to look for...
 - o Encouraging attitude when on the bench; not sulking or hanging head when making a mistake; running off the field and high fiving when coming out of a game; listening respectfully when a coach is talking, etc.)
 - o It is OK to call out a teammate if you see bad body language - just deliver a positive message encouraging them to stay positive
2. Ask about how the team's bench acts during the game? (are they engaged and encouraging?)
3. Positive actions and body language send a message to opponents that we can handle bad luck and bad plays and will bounce back.

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Huddle Meeting - Story Sample

Ask your team how many know who Mike Tyson is? Mike was is an American former professional boxer who competed from 1985 to 2005. He reigned as the undisputed world heavyweight champion and holds the record as the youngest boxer to win the heavyweight title at 20 years, four months and 22 days old. He had 15 bouts in his first year as a professional. Fighting frequently, Tyson won 26 of his first 28 fights by KO or TKO; 16 of those came in the first round. He was the most dominant and feared fighter ever!

He was muscular, but short in stature and usually much shorter and smaller than his opponents. He was also rather shy and soft spoken. However, his opponents were terrified of him. They would talk a good game before the fight, but once it started, you could see it on their faces and actions. By backing away and tucking up to hide from the punches, Tyson had the fights won before they started.

He was a smaller guy. He was quiet and didn't talk a lot of trash. How could he intimidate his opponents like that.

The answer is body language. He carried himself with confidence and a swagger. He wore black shorts and shoes. He smiled and looked at his opponents in the eyes. When he got hit he did not show any signs of weakness.

Here are a couple great videos that talks about body language if you have the ability to show one.

[Gino Auriemma \(Head Women's Basketball Coach at UConn\)](#)

[Mike Brey \(Head Men's Basketball Coach and The University of Notre Dame\)](#)