

3E Team Huddle Sheet

Communications

Get The Team Thinking

"Effective teamwork begins and ends with communication"

- Coach K - Duke University

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

Get The Team Talking

1. Explain that communication comes in many forms -the message, tone and body language are all a part of it; also talk about the fact that not only what you say but how and when you say it are important
2. Listening is equally important - be present when others are talking and make eye contact
3. Ask the team if they can think of examples of bad vs. good communication. Ask them how they think that good vs. bad communication can impact team performance?

Make It Relevant

1. Share a story of a time where communication became a problem - could be something personal, something that happened with the team. If you don't have anything use the example on the following page
2. Try to present a real situation showing bad communication vs good communication

Get Better Every Day

1. After you share the example of bad communication stop the story and ask the team if that is a good way to communicate: Why or why not? How does that make the teammate feel and what is the behavior after that?
2. Ask the team for a better way to handle that situation. Share good communication example to contrast. (use the example if needed)
3. Reinforce the good tips for communication
 - o Listen and look people in the eye when they are talking
 - o Use positive body language and positive messages
 - o Discuss the importance of not only what you say, but how and when you say it.
4. **Get agreement** - the great teams communicate well and with respect. Get agreement to work on getting better and what, how, and when we communicate in your pursuit toward a Championship Culture.

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Huddle Meeting - Story Sample

NOTE: This is a basketball example but drop in the sport of your choice.

Set the stage

Imagine you are playing in a close game. We are transitioning from offense back to defence. The other team's best scorer is pushing the ball up the court. You are guarding a nearby player and your teammate picks up the scorer, but he is giving him too much space and he drains a three on him.

Example of POOR communication

You yell at your teammate after the shot is made saying things like: "come on man, you know that is their best scorer! You have get tighter on him!" or "You saw the scouting report, you can't give him that much room!" or "Come on man play D, he's killing you!"

The communication here is *reactive* and *negative*. It is after the play so it could not help the defender. The tone is very demeaning and no doubt makes the other player kind of angry (how would you feel?); trust is eroded (do you think that player wants to help you now if you need it?)

Example of GOOD communication

Same scenario but this time the you communicate as the scorer is coming down court. You say things like - "You have the shooter! Play him tight! Make him drive! No Easy shots! "

Your teammate plays him tight and forces him to give it up. You shout "Good D!".

This is a better form of communication as it is *proactive* and *positive*. It helps to set up another player for success and give the other player a chance to react in to create a positive play. The defender feels like you are working together and you have his back. He will probably do the same for you if you need it. (How would you feel in this scenario?)