



Card 5: Communicate

As a team captain, effective communication is one of your most important tasks. Communication drives relationships, resolves conflicts, unites people working towards a common goal, and builds a championship culture. Great leaders tend to also be great communicators. You will use the communication skills you learn as captain for the rest of your life.

Do's and Don'ts

- Encourage your teammates with positive and proactive communication before a play rather than being critical afterwards.
- Be vocal during practice and games (e.g., plays, observations, the number of outs, insight into an opposing player) to help your team succeed.
- Remember that nobody makes mistakes on purpose. If you have to deliver a negative message, spin it in a way that makes the team better.
- Don't gossip, deliver the message directly to the person.
- If you have to deliver a personal message to a teammate, be sure to do so in a private setting and not in front of a group. Always respect the person receiving the message.

Game Plan

- ✓ The next time you notice a conflict, talk it out right away. Don't let it linger. Talk about solutions, keeping the focus on the team and the issue, not the individual.
- ✓ Avoid being part of any negativity. Remember that body language is communication too.
- ✓ Be sure to compliment teammates when you see them doing the right things or doing well. High five them!
- ✓ Find situations where you can communicate early and often during play. Speak proactively before the play happens and avoid negative reactions in general. Make sure everyone is on the same page.

What can you do?
