



Card 8: Be Consistent

As a leader, your teammates will naturally look to you for guidance, especially when times are tough. Being a captain is an “all the time” role. Teammates, coaches and fans are constantly observing your behavior, both on and off the field.

Do's and Don'ts

- Always be a calming force when things don't go well. Try to hide your frustration. If you're upset over a bad call or missed opportunity, take a second to regroup yourself and focus on the next play.
- Walk the talk. Be consistent in what you say and do.
- Keep your teammates focused on the task at hand and maintain composure when things don't go your way. Rally the team and look forward to the next opportunity.
- Be confident in yourself and your abilities. You were selected as captain for a reason! Before anyone else will believe in you, you have to believe in yourself.
- Be selfless. Give others credit when due and share the glory.

Game Plan

- ✓ Routinely try to be the first person to arrive at games and practices. Then, be the last one to leave.
- ✓ Routinely remind your teammates of your team's goals and standards as the season progresses.
- ✓ Look for times when things seem flat and practice rallying your teammates. Do this on a daily basis.
- ✓ Support your coach's decisions.
- ✓ Cheer for your teammates and congratulate them on good plays. Take responsibility for mistakes, both your own and those of the team as a whole.
- ✓ Be consistent in applying all of the these captain's cards.

What can you do?
