

COMMITMENT

Your willingness to give 100% to your team and sport to achieve success.

WHAT WILL YOUR COACHING CHALLENGE BE AT DIFFERENT LEVELS?

LOW

Athletes at low levels will:

- Seem to care more about winning than about the team.
- Put themselves first and the team second.
- Have little passion for their sport.
- Are fine staying at their current ability level; struggle pushing themselves to get to the next level.
- Need a lot of help learning to train at competition speed.

HIGH

Athletes at high levels will:

- Have a lot of passion for being part of the team.
- Have high expectations for themselves to do whatever is needed for team success.
- Want to get better and put in the extra time and effort.
- Have some good experience practicing at competition speed but understand they can still improve.

HOW CAN YOU MOVE YOUR ATHLETES TO HIGH LEVELS?

Coaching Tips

- **Athletes Commit When They Find Value in Their Sport:**
 - ✓ People must know what they are committing to. At the beginning of the season, have the team decide on the team goals. As a coach, keep in mind the question, “Why will achieving this goal be important to each athlete?”
 - ✓ Understand that different athletes have different personal motives for being on the team. Athletes are more likely to persist with goals that are linked to what is meaningful to them. So, involve them in this process.
 - ✓ Appreciate that commitment does not have an on/off switch. Be patient as it grows steadily.
- **Athletes Commit When They Feel Successful and Can Stretch Their Abilities:**
 - ✓ Pick the right level of challenge for your team, and tailor it to each athlete to the extent you can. This will help them feel good about themselves and will increase their commitment.
 - ✓ Keep athletes excited about doing better by gradually increasing both team and individual goals.
 - ✓ Keep visible reminders of past successes – big or small – and let your athletes know how much they have grown because of their hard work.
- **Athletes Commit When They Find Their Sport Enjoyable:**
 - ✓ Don’t forget to have fun and celebrate as a team for any occasion – big or small. Sports are a game, after all.
 - ✓ Plan events paced out through the season, such as fun team building activities, a few minutes of fun to begin or end practice, team dinners, or award ceremonies.
 - ✓ Don’t assume your idea of fun is the same as your young athletes. Let your team plan some events as well.
 - ✓ Interpersonal conflict destroys commitment, so handle issues in a positive way to maintain enjoyment.

Talking Points

- Have everyone decide on team goals and what a successful season will look like. Include more than wins & losses.
- Share examples of how the greats in your sport have showcased their commitment to the team and their success.
- Discuss how commitment can break down during a season and how everyone can get back on track.
- In a routine pulse check, ask them how they are enjoying the team and if any adjustments need to be made.

Tools

- APP Lessons: Be Committed, Game Speed
- CORE Elements: Team Player, Mental Toughness, Competitive Drive
- PRESSURE Elements: Stubborn, Short Fuse, Self-Doubting

“The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.” – Vince Lombardi, Green Bay Packers Coaching Legend –