

2009 IOWA CROSS COUNTRY & DISTANCE RUNNING
COACHES CLINIC

SATURDAY AUGUST 8, 2009
AMES SR. HIGH SCHOOL
1921 AMES HIGH DRIVE
AMES, IA 50010

9:30 a.m.-10:30 a.m.

Reaping the Benefits of Team Building

Steve Johnson – Wartburg College Cross Country / Track & Field

Introduction

What do coaches need to know - or even want to know about team building??

If you want a bunch of ice-breakers and games google “team building exercises”

Does team bonding just happen? Can a coach actually have an influence? Do you really care?

Why we need others:

Would you rather have a great team that didn't get along or a bonded team that was average?

What is a bonded team?

???

We do know it when we see it! For consistency we need to do something to develop it.

We need some map, plan, direction of where we want the team to go.

No fool proof formula or secret recipe. We're working with complex people.

It's a constant process.

Ask the kids:

What things help team bonding?

What things hinder team bonding?

Reaping the Benefits of Team Building

What are the real benefits of a bonded team?

What does the team say?

Suffering from the liabilities of a divided team

What will it cost you if the team is divided?

What does the team say?

How to build a Bonded Team – lessons from about three decades of coaching

1. It starts with you coach.
 - What is your #1 reason for coaching? What do you want to get out of it???
 - What is the #1 reason that most kids are out for sports? What do they want to get out of it???What about the assistant coaches?
2. Create the environment. Provide a vision.
3. Develop and train your team leaders
4. Provide opportunities for shared experiences
5. Bring in their families to make a bigger – extended family.
6. Be a consistent learner. Ask lots of questions.
7. What to do with toxic people.

What do you do?