



Lead the way with Coaching HER®. Empower coaches and educators to lead with awareness, intention, and inclusivity.

Assignment

Every Athlete Matters

Purpose

As a future teacher or coach, you have the opportunity to shape how athletes view themselves and one another. In this assignment, you will create an activity that helps athletes recognize and appreciate the unique strengths and contributions of every teammate. Your activity should reinforce the idea that successful teams are built when every athlete understands their role, values the roles of others, and works together toward a common goal.

Learning Objectives

- Explain why recognizing every athlete's unique role and contributions is essential to creating a positive, inclusive team culture.
- Design a team-building activity that teaches athletes to value the diverse roles and responsibilities within a team.
- Identify meaningful contributions athletes make beyond statistics, playing time, or performance.
- Develop discussion questions and reflection prompts that encourage athletes to appreciate and respect one another's contributions.
- Reflect on how intentional coaching practices can help every athlete feel connected, valued, and motivated to contribute to team success.

Assignment

Design an activity you could realistically use with your future team where some athletes will be starters, while others will have supporting roles or limited playing time. Your activity should intentionally work to build a team culture where every athlete feels

valued, understands their importance, and recognizes the contributions of their teammates.

Your Activity Should Include

1. Activity Overview

Provide:

- Activity title
- Recommended age or grade level
- Sport (or explain how it could work for any sport)
- Time required (10–20 minutes)

2. Learning Targets

Athlete Learning Targets should include the following:

- Every athlete contributes to team success
- Different roles can be equally valuable
- Each athlete brings unique strengths and contributions
- Athletes feel a greater sense of belonging on the team

3. Activity Description and Directions

Explain:

- How the activity works
- Materials needed (if any)
- Step-by-step instructions
- How every athlete actively participates

4. Team Discussion

Create 4-6 follow up discussion questions that will encourage active reflection from your athletes.

5. Coach Connection & Final Reflection

Write a brief explanation describing:

- Why you chose this activity.
- How it helps create a culture where every athlete feels valued.
- How you would reinforce this message throughout the season—not just during this activity.
- What assumptions athletes often make about who is most important on a team?

- How coaches unintentionally communicate that some athletes matter more than others?
- As a future coach, what specific actions you will take to ensure every athlete feels seen, valued, and important regardless of talent or playing time?