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



Assignment

Cooperation Tool Kit

Purpose

As a future teacher or coach, you must be intentional about helping athletes to build positive and supportive relationships with their teammates. Building cooperation among your teams can lead to athletes staying in sport for longer, participation enjoyment, team success, and growing confidence in building friendships.

Learning Objectives

- Explain why it is important for coaches to foster and value cooperation.
- Understand how competition is a form of cooperation
- Design team-building activities and opportunities for athletes to contribute to team structure.
- Develop discussion questions and reflection prompts that promote cooperation and team community.
- Reflect on how intentional coaching practices can help athletes build relationships.

Assignment

Begin building your coaching team-building toolkit by collecting and creating activities, warm-ups, drills, discussion prompts, games, and challenges that help athletes get to know one another, strengthen relationships, build a sense of community, and foster cooperation.

1. Design Your Tool Kit

You tool kit should include the following:

- An original name or title
- Format of your choice (binder, spreadsheet with links, slides, padlet, website/blog- whatever will be most user friendly for you)
- Table of Contents that includes the following:
 - Cooperation Activities
 - **Discussing the Value of Cooperation**
 - **Learning Names**
 - **Team Building Activities for all Season Long**
 - **Mentoring**
 - **Helping Girls' Families Get to Know Each Other**
 - Cooperative Activities that Allow Athletes to Contribute to Team Structure
 - **Designing Drills**
 - **Breaking Down Games**
 - **Sharing Joy about the Value of Relationships**
 - **Involving Girls in Team Talks**
 - **Athletes as Assistant Coaches**

2. Create your Activities

- Create at least one 5-10 minute activity for each of the above 10 categories
- Build out your activity with the following
 - Step by step directions (these will be shared with your classmates- be sure they are self explanatory)
 - 3-5 follow up discussion questions to promote reflection and community following the activity
 - Short paragraph explaining the how and why of the activity in promoting cooperation, trust, and/or team building

3. Share & Collaborate

Share your team-building activities with your classmates and learn from one another's ideas. You'll have access to your classmates' activities and may select your favorites to add to your own coaching toolkit. Together, you'll build a diverse collection of resources that you can use throughout your coaching career to strengthen relationships, foster cooperation, and build community.