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STUDY GUIDE

Caring Climate Module 6: Cooperation is Fostered and Valued

Learning Objectives:

- **Learn what coaches can do to help foster cooperation among teammates.**
- **Discover the benefits for girls when they develop positive and supportive relationships with their teammates.**
- **Recognize what coaches can do to establish a strong foundation for cooperation**
- **Examine how coaches can allow athletes to contribute to team structure**

Reflect:

- Think about your most favorite team you have participated on. What made that experience meaningful?
- Think about a childhood or high school teammate you still keep in touch with? How was that friendship fostered?
- In what ways have you observed coaches seeking athletes' opinions or allowing athletes to contribute to the team structure?
- Reflect on a coach who promoted cooperation rather than competition among teammates. What did they do to encourage athletes to support and work together?
- How might a lack of cooperation affect team culture, athlete relationships, and overall team success?

Review:

- What can coaches do to help foster cooperation among teammates?
- Share the benefits for girls when they develop positive and supportive relationships with their teammates.
- What things can coaches do to establish a strong foundation for cooperation?
- How can coaches allow athletes to contribute to team structure?

Discover:

- What does cooperation look like on a successful team?
- Why is cooperation essential for both team performance and athlete well-being?
- What coaching behaviors encourage teammates to trust and support one another?
- What characteristics define a cooperative team culture?
- How do athletes benefit when they feel connected to their teammates?
- What role should cooperation play in defining team success?

Take Action:

- Begin collecting team building activities
- Brainstorm how you could take a skill or drill practiced in your sport and turn it into a cooperation activity.
- Develop a first-day plan that sets the foundation for cooperation among teammates. How will you intentionally establish a team culture where athletes support, encourage, and work together from day one?
- Describe how you could launch a mentorship program on your team.
- Plan how you will encourage your athletes' families to get to know one another.
- Identify ways you will give your athletes opportunities to share their ideas, break down games, or help plan practices.