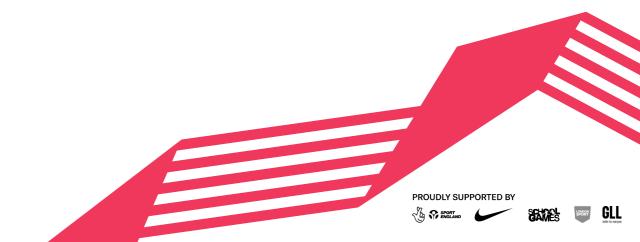


WRITING A TEAM PLEDGE

- 1. Use the beginning of a session early in the season to agree some team rules. Discuss with the team what commitment means to them and what they expect of each other.
- 2. Ask them to come back in the next session with the 5 most important rules to them and one of their own.
- 3. Finally, at the next session go through each rule and if more than 60% of the team agree include it.
- 4. Finally, display it somewhere and ask team members (including you!) to commit by signing in their own time if/when they feel it is appropriate

| Team Pledge | Tick |
|---|------|
| 1. Respect the game and its rules | |
| 2. Be 5 minutes early to practice and competition meet | |
| 3. If you can't practise, phone - you should turn up even when injured. | |
| 4. Turn up to game with correct gear. | |
| 5. Set yourself measurable goals e.g. speed of take-off; rate of turnover, make sure these are realistic! | |
| 6. Be prepared to accept criticism and recognise it can help you improve. | |
| 7. Don't shout about what you are going to do before the match. | |





| 8. Respect the officials. Even if you disagree with their decision, they are there for your benefit and deserve your respect. | |
|---|--|
| 9. Congratulate team mates on good play while game is in progress -be positive only. | |
| 10. Don't brood on mistakes once they are over. | |
| 11. Beware of developing the losers limp i.e. getting 'injured' after making a mistake or in a heavy defeat. | |
| 12. Ignore any inappropriate remarks made by spectators or the other team. | |
| 13. Listen to all advice but don't accept it all. | |
| 14. Appreciate the efforts of your team mates, parents and supporters. | |
| 15. Try to learn from everyone, even if you learn what not to do. | |
| 16. Personalise Your Own Here | |

