

CREATING POSITIVE TEAM BONDING RITUALS



Use these prompts to start conversations with athletes about creating or continuing positive team bonding rituals and traditions. Coaches or team captains could lead this discussion at the start of a season to set a positive tone and promote bonding.

QUESTIONS FOR RETURNING ATHLETES

- What were your favorite experiences during your first year?
- How did you get familiar or comfortable with older athletes when you first joined the team?
- When did you start to feel part of the team?

QUESTIONS FOR NEW ATHLETES

- What are you most nervous about?
- What would make you feel closer to returning players?
- What would make you feel more like part of the team?

QUESTIONS FOR EVERYONE

- What are our team values?
- What type of experience do we want everyone to have this year?
- What ideas do you have for team bonding activities we can do together this year?

NOTES: