

Team Action Plan

How can you utilize the Athlete's Edge Journal to improve your team? ***SIMPLE.***

The Athlete's Edge Journal was explicitly designed to help increase your team's culture. It has the power to change the dynamic of a group. Gratitude. Positivity. Determination - will be flowing through the veins of your team members. Below is some guidance on how to utilize the journal to the fullest capacity. We want to take your team to new heights!

1. Let's Get Social

- ✓ In this model, players voluntarily utilize a message board or group chat as a platform to share their journal entries. For those who are uncomfortable sharing, they can text or email their coaches a picture of their journal pages on a daily or weekly basis. Coaches will utilize this information throughout the week in team sessions. This method takes pressure off athletes who do not feel comfortable sharing their inner desires in a "live" setting. A family atmosphere will take shape in no time!

2. Accountability Partners

- ✓ In this model, each team member has an accountability partner in which they share their goals, affirmations, and grateful thoughts on a daily or weekly basis. These teammates are responsible for lifting each other up. It is an accountability partner's job to make sure their partner is firm on his or her commitment to get better every day!

3. Team Huddles & Chalk Talks

- ✓ In this model, coaches "call up" players at the end of their sessions to share grateful thoughts, affirmations, and achievements. This method allows a team to focus on the good things happening in each teammate's life. Comments and affirmations will evoke cheers from the group. Everyone will feel the power. The energy will be contagious!

4. 1 vs. 1's

- ✓ In this model, coaches utilize a more intimate setting to highlight journal entries. This can be done on a weekly or bi-weekly basis. Coaches will be able to capitalize on knowing what makes each player tick. The focus will be on each athlete's short-term goals and grateful thoughts. These individual sessions will take the player-coach relationship to the next level. An unbreakable bond will be born!

#WINTHEMENTALGAME