

TEAM-ORIENTED MINDSET: DEVELOPING TEAMWORK

LESSON OBJECTIVE – To introduce the group to the concept of teamwork, focusing on communication, cooperation and player relationships through structured discussion and group exercises.

LESSON OUTCOMES – To be able to recognise and provide examples of when good communication and cooperation with teammates can benefit team performance and player relationships.

REQUIREMENTS FOR LESSON:

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|------------------|-------------------------------|
| TIME | 30-45 Minutes |
| MATERIALS | Pens/paper for students. |
| SLIDES | (Provided) |
| SLIDE 1 | COMMUNICATION AND COOPERATION |
| SLIDE 2 | PLAYER RELATIONSHIPS |
| SLIDE 3 | POSITIVE BEHAVIOURS LIST |

LESSON GUIDE

STEP 1: INTRODUCTION

Introduce the group to the title, and the objectives and outcomes. When introducing this exercise you can ask/prompt the group to consider/discuss the following points:

- **Cultivating a welcoming team environment.**
 - How we can make team members feel valued and respected?
 - How have you seen this done previously?
 - What are we doing now to make team players welcome?
 - Have you ever been on a team but felt that it was not really a team? What do you think was wrong?
- **Develop meaningful relationships.**
 - What ways can we interact positively with other players?
 - How do you bond with a team of strangers?
- **Clear communication under pressure.**
 - How should we be communicating when things get heated under intense pressure?
 - What signs or behaviour could a player be exhibiting to signal they are stressed?
- **Honest and respectful feedback.**
 - How should team feedback be structured?
 - When is a good time to give feedback?
 - Why is feedback important?
- **Non-judgmental approach to team input about strategies.**
 - How can we communicate strategies effectively and ensure everyone's opinion is valued?
- **Creating a 'whole-team' attitude that is supported and encouraged by all team members.**
 - How do we cultivate team-spirit and motivate each other to achieve our common goal?
- **Keeping Your Cool.**
 - Why is this important?
 - How does it feel when a teammate loses their temper?
 - How does this affect the team?



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STEP 2: GROUP EXERCISE – COMMUNICATION & COOPERATION

Show Slide 1 to group.

- Ask each person to write down up to five examples of how/why good communication and cooperation can help a team succeed.
- Ask each person (or a random selection if it is a large group) to read out their examples while the others take note of any examples they don't have themselves.
- Ask the group to consider the examples and select what they feel are the most important five, ranking the most important as number one and the least as number five.

STEP 3 (A): GROUP EXERCISE – TEAM ORIENTED BEHAVIOUR

Show Slides 2 and 3.

- Ask group members to consider how they each personally feel and respond towards a team member who behaves in the following ways:

1. Always positive and is generally happy.
2. Is friendly in and out of game.
3. Thanks others for contributing.
4. Helps others whenever possible.
5. Listens to others without judging.
6. Takes the blame or responsibility for faults.
7. Gives others credit for successes.
8. Absorbs negative behaviour from other teammates with tolerance and understanding.

The exercise should confirm how positively we each respond to positive behaviour (and negatively to negative behaviour). Encourage participants to draw from their own experiences and discuss examples of when they have felt inspired or motivated by another player's positive behaviour/attitude.

When discussing experiences the group should also consider how reactions to these behaviours may differ under varying circumstances - did the team just lose/win, generally, in a heated situation, are players just too busy to communicate clearly, which can lead to misleadingly short/terse replies?



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STEP 3 (B): DISCUSSION

Ask the group how they think that these team oriented attributes could help build strong relationships and enhance team motivation/performance. When discussing this we want to draw from the group examples of how positive behavioural traits can help the team, such as:

- Enhancing the gaming experience and performance of the team through positive thinking/attitude.
- Turning defeats into learning experiences.
- Turning challenges into opportunities and inspiring others to adopt and develop positive behaviours.

STEP 4: EVALUATION

Using the points and examples raised in the lesson, ask the group to form a list of between 8-12 'top tips' regarding the most important aspects of communication, cooperation and positive attitude, that they would like to pass onto new players/team members. Ask each group member to narrow down the list to what they feel are the three most important tips.

The group should also discuss when these tips would be most useful to a player and what type of situations occur, for example, when the team is losing, when play becomes heated, if a player is under pressure, if a player is new to the team or if the players are playing together for the first time, pre-game preparation and motivation.



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