**DISCUSSION GUIDE – CHAPTER 9 (TEAMWORK)**

**QUESTIONS TO DISCUSS:**

1. Describe a time that you have seen something accomplished that couldn’t have been done by only one person?
2. When has a person helped you achieve something you could not have done on your own?
3. What can you do this upcoming season to help a teammate be better and improve?
4. Have you ever seen a time when a team member (or someone from another team) was self-absorbed and worried only about themselves?
5. There is a cliché that says “Together Everyone Achieves More”. How do you see this played out on your team?
6. How can a bench player improve the team in practice? During games?
7. Who is the best teammate that you’ve ever had and why?
8. What is your current role on the team? How can you be a “Star in your Role”?

**ASSIGNMENT FOR NEXT WEEK:**

1. Do at least one thing each day that you are not currently doing that is unselfish and helps the team (e.g. carrying an equipment bag, helping the trainer with the water bottles, bringing out the ball rack, etc…).
2. Write an anonymous note to a teammate praising them and pointing out how they are a good teammate. Be as specific as you can.