

T.E.A.M.



LEADERSHIP

PLAYER'S MANUAL

NAME: _____

“LEARNING TO LIVE & LEAD A LIFE OF VICTORY”

INTRODUCTION:

My name is Adam Winegarden, I have been an Assistant Coach, Head Coach, Director of Leadership, or Athletic Director for 25+ years. My coaching journey has placed me in several different school settings and has taught me many valuable lessons. Through these experiences, I want to give you guidance to build a successful team regardless of your circumstances.

“**T.E.A.M.** Leadership” is a program directed toward student-athletes of any age, gender, or athletic team. This is about creating a “oneness” on your team and preparing everyone to live a life of victory. On a team, an alignment of expectations, mindset, and player leadership is critical to success. How do we know if this is present within your team? The simple answer is: “Are the players modeling the behaviors and communicating the expectations without the coaches.” Whether the answer to this question is “Yes” or “No”, the response is the same... We have to get better! The best way to get better in this area is to have an intentional plan that creates ownership. They say we learn by our education, examples, and experiences. This program is going to give you all 3, along with an opportunity to become a player led team.

As you go through this program, we encourage each person to take “One Drop” from each lesson. That when a drop hits a pool of water it creates a ripple effect. That if we apply that as an individual, then it will positively affect all areas of our lives. If we do that as a team, then it can create a tidal wave of success. A team that reaches goals, continually improves, and leaves with a rewarding experience.

Ultimately, our mission is for “**T.E.A.M.** Leadership” to help build your legacy and create a cycle of life-long success. We have a great opportunity to impact our schools, communities, and future generations. We are “*Born to be Special*”, and this experience is going to help maximize your given potential.

Thank you for being a part of this program!

lessonsfromthegoalpost.com



“You Are Born To Be Special”



PURPOSE:

TEAM EXPECTATIONS AND MINDSET

The greatest achieving teams have a direct correlation between expectations and mindset. These teams are known as the “overachievers”, they have the “it” factor, they are referred to as being the “special group.” These teams will perform at their highest level based on their ability level. They inspire your community by playing with unique hustle, attitude, and teamwork.

They display these characteristics:

- 1) **STUDENT-ATHLETES:** There is a direct correlation between academic accountability and athletic performance. Great teams have responsible and respectful students.
- 2) **COMMITTED TO THE EXTRA:** The best teams are the best at doing the extra.... You can tell a lot about a team by how fast they leave the arena and leave the locker room. The best teams cannot get enough of the work and time together.
- 3) **COACHES CONCERNS:** Are tied to team execution, but never competitive spirit or effort. There is never a doubt that they will be ready to play with relentless effort.
- 4) **STANDARD OF BEHAVIOR:** Was taught by the staff but enforced through social acceptance within the team. Respect was earned by effort and commitment to standards.
- 5) **CREDIBLE LEADERS:** Top 10% are credible performers and teammates.
- 6) **COACHABLE NOT COMPLIANT:** Players apply instruction in front of coaches and away from coaches. There is a behavior change off the field and the players become an extension of the coaching staff.
- 7) **TEAM COHESION:** The team is made up of different friend groups rather than different clicks. They put aside differences and commit to a larger purpose. They have different personalities but are committed to one mindset.
- 8) **CONSISTENT IMPROVEMENT:** They can improve in success and failure. They can adapt in small (bad weather, etc.) to big change (injury, etc.). They respond with a spirit of improvement and toughness in adversity.
- 9) **ALL ARE VALUED:** A hierarchy is needed for decisions and responsibilities... But a hierarchy does not determine respect, caring, or worth of anyone. People feel valued at all levels regardless of their status on the team.
- 10) **HONEST AND CONSTRUCTIVE DIALOGUE:** It is about getting better... point blank

"Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are."

- John Wooden

T.E.A.M. LEADERSHIP CURRICULUM

"To Guide Each Player to Live & Lead a Life of Victory"

T.E.A.M. EXPECTATIONS

LESSONS 1-4

- 1) **STUDENT ATHLETE**
Breeding Ground for Habits of Excellence
- 2) **COACHABLE PLAYER**
Follow the Blueprint of Success
- 3) **GREAT TEAMMATE**
The Most Valuable Asset & Experience
- 4) **LARGER PURPOSE**
Commit to the Mission

T.E.A.M. MINDSET

LESSONS 5-8

- 5) **SACRIFICE**
The Greatest do the Most
- 6) **DISCIPLINE**
The Greatest are Consistent
- 7) **TOUGHNESS**
The Greatest Face Adversity
- 8) **RELENTLESS EFFORT**
The Greatest are Elite Competitors

*“A journey of a thousand miles
begins with a single step.”*

- Chinese Proverb

PLAYER GOALS

STUDENT ATHLETE	
ACADEMIC GOALS	ACTION STEPS
1)	1)
2)	2)
COACHABLE PLAYER	
ATHLETIC GOALS	ACTION STEPS
1)	1)
2)	2)
GREAT TEAMMATE	
CHARACTER GOALS	ACTION STEPS
1)	1)
2)	2)
LARGER PURPOSE	
TEAM GOALS	ACTION STEPS
1)	1)
2)	2)

“THE KEY TO A GOAL IS TAKING THE NEXT STEP”

“Education is the most powerful weapon which you can use to change the world.”

-Nelson Mandela



LESSON 1

STUDENT ATHLETE

KEY THOUGHT & DISCUSSION

Players are expected to give their “Best Effort” and compete in all areas of their daily lives. Attendance, Assignments, & Attitude are what you control every day as a student. This is a life skill; you will always have somewhere to be, something to do, and people to deal with. The school day is the breeding ground for habits of excellence. You reinforce great habits every time you show up, do the work, and treat people well. A great day in school helps you have a great day on the athletic field. There is a direct correlation between a responsible student and a trusted athlete.

DISCUSSION QUESTIONS

- 1) What do you prove with attendance, turning in assignments, and having a great attitude?
- 2) What education are you gaining from sports?
- 3) Go to the Player Goal Page and list 2 Academic Goals and an Action Step (what you can do consistently) for each goal.

“My best skill was that I was coachable, I was a sponge and aggressive to learn.”

-Michael Jordan



LESSON 2

COACHABLE PLAYER

KEY THOUGHT & DISCUSSION

A willing learner is the primary component to a great learning environment. We must be able to accept team expectations, discipline, and instruction. An athletic program has a blueprint for your success, is a privilege, and must be earned. Your success and development will greatly depend on your ability to be coachable. A coach's primary purpose is to help you, and the team become its best version. The faster a player can learn a concept, the quicker they can be taught a new concept. Applying a coaches' instruction is the foundation of improvement. Not being coachable is the fastest way to not reach your goals.

DISCUSSION QUESTIONS

- 1) How would you define being Coachable?
- 2) How does Coachability make you a Better Player and us a Better Team?
- 3) Go to the Player Goal Page and list 2 Athletic Goals and an Action Step (what you can do consistently) for each goal.

“A player who makes a team great is more valuable than a great player. Losing yourself in the group, for the good of the group, that’s teamwork.”

– John Wooden



LESSON 3

GREAT TEAMMATE

KEY THOUGHT & DISCUSSION

Players will respect, support, and encourage all on the team. Working against a team culture should not be tolerated. The TEAM will be the most valuable experience within any program. People may not always remember how you play, but they will remember how they are treated. Alone we can do so little, but together we can do so much. Encouragement, help, time, and accountability are the greatest gifts we can give to others. Teamwork is the fuel that common people use to achieve uncommon results. This will be your greatest legacy.

DISCUSSION QUESTIONS

- 1) How would you describe a Great Teammate?
- 2) P.A.T. (Praise A Teammate) is when one compliments, high fives, or recognizes another teammate. Why is this important?
- 3) Go to the Player Goal Page and list 2 Character Goals and an Action Step (what you can do consistently) for each goal.

*“I firmly believe that any man's
finest hour, the greatest
fulfillment of all that he holds
dear, is that moment when he
has worked his heart out in a
good cause and lies exhausted
on the field of battle
victorious.”*

-Vince Lombardi



LESSON 4

LARGER PURPOSE

KEY THOUGHT & DISCUSSION

What drives each person is relevant to that individual. However, when it is just about yourself, most plans will fail. Great teams are comprised of individuals committed to a unified mission. Every player is unique, has value, and is “Born to be Special”. Together we work to create a better version of ourselves and in service of others. A team can have different personalities but must have one mindset. Choose to prepare and compete for a common goal or cause. Heroes are not defined by their individual action but for the cause in which they act.

DISCUSSION QUESTIONS

- 1) What do you enjoy about being on a Team?
- 2) What motivates or drives you to do your very best?
- 3) Go to the Player Goal Page and list 2 Team Goals and an Action Step (what you can do consistently) for each goal.

*“He who would accomplish little
need sacrifice little; he who
would achieve much must
sacrifice much. He who would
attain highly must sacrifice
greatly.”*

-James Allen



LESSON 5

SACRIFICE

KEY THOUGHT & DISCUSSION

Great players and teams go beyond the normal, they do the extra work to be great. Doing what the team requires is not sacrifice, sacrifice is going beyond what is expected. It is when one gives up something of personal value (time, feelings, resources) for the sake of improvement, service, or team success. Do not be afraid to stand out in the crowd and do the extra.

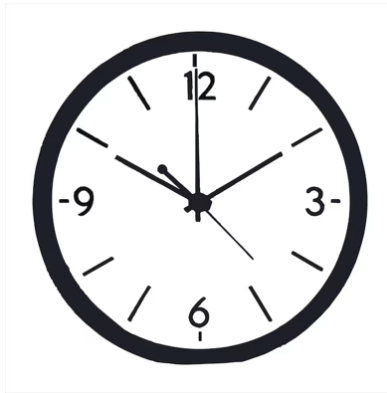
The harder we work makes it harder for us to surrender. The more we invest, the more we protect the investment. Sacrifice is the proof that you have passion to improve. The difference between the good and the great, is their ability to sacrifice.

DISCUSSION QUESTIONS

- 1) What does Sacrifice mean to you?
- 2) What is one way a player can Sacrifice for the Team?
- 3) What is something I need to start or do more of to improve?

*“We Are What We Repeatedly
Do. Excellence Therefore, Is Not
An Act But A Habit.”*

– Aristotle



LESSON 6

DISCIPLINE

KEY THOUGHT & DISCUSSION

Discipline is about CHOICES... NOT FEELINGS. The key to any improvement is consistency in action. If you want to achieve success, then there has to be a commitment to the right process. Disciplined players are where they are supposed to be, doing what they are supposed to do, and when they are supposed to do it on a consistent basis. There is always something we should do but don't want to do... The right answer to this problem separates you from the competition. Successful athletics will always require the trust in each person. Trust is gained through consistent action in every part of a player's life. Discipline is the highway to becoming a player led team.

DISCUSSION QUESTIONS

- 1) What does Discipline mean to you?
- 2) How would you describe a Disciplined Player?
- 3) What do you need to do consistently to be your best?

“Champions are made from something they have deep inside them – a desire, a dream, a vision. They have to have the skill, and the will. But the will must be stronger than the skill.” -Muhammed Ali



LESSON 7

TOUGHNESS

KEY THOUGHT & DISCUSSION

Toughness is the WINNING EDGE... It is built anytime someone does the right thing over feelings, fear, or the easy way. Toughness is a choice and is more mental than physical. This choice is pre-determined and needs to be made before the moment. The choice is to not quit, stay committed, and keep pushing forward. Toughness is a trained skill and will get better or worse. This is a life-skill because adversity is unavoidable. Athletics is the greatest way to practice life before we live it. Successful teams can overcome adversity and difficult situations. Those that can display this quality will surpass others quickly. This is the #1 indicator of highly successful people and will define you as a competitor.

DISCUSSION QUESTIONS

- 1) What does Toughness mean to you?
- 2) How does a Player demonstrate Toughness?
- 3) How does a Team demonstrate Toughness?

“Continuous effort – not strength or intelligence – is the key to unlocking our potential.”

-Winston Churchill



LESSON 8

RELENTLESS EFFORT

KEY THOUGHT & DISCUSSION

This is about your “WARRIOR SPIRIT.” Effort has nothing to do with talent, ability, social status, or physical appearance. Effort has everything to do with your will to compete and give your all in everything. This quality should never be questioned as a great competitor. Effort must be a non-negotiable in your team mindset. When a player is relentless, their effort is undeniable. Effort will give an individual and a team its best chance to be successful. Many times, the winner will be the one that simply keeps playing with their best effort. Teams must be able to play with a Warrior Spirit from the beginning to the end of competition. Your best effort is the only way to pass the “Mirror Test.” Nothing is given, everything is earned.

DISCUSSION QUESTIONS

- 1) What does Relentless Effort mean to you?
- 2) Describe someone you know that gives Relentless Effort?
- 3) What can hold you back from giving Relentless Effort?

“THE DIFFERENCE BETWEEN A
SUCCESSFUL PERSON AND
OTHERS IS NOT A LACK OF
STRENGTH, NOT A LACK OF
KNOWLEDGE, BUT RATHER A
LACK OF WILL”

-VINCE LOMBARDI-