VIRTUE OF THE WEEK

INTRODUCTION TO START PRACTICE/GAME

Our virtue this week is TRUST - *The strength to confidently believe in someone regardless of the situation.* It is truly a blessing to find a person who is genuinely TRUSTWORTHY. TRUST is one of the building blocks every good team is built on.

STORY TO TELL

THE $20 TEST

There once was a strength coach who wanted to see how trustworthy his athletes were.

He arrived to the weight room before anyone else and carefully placed two $20 bills in different places around the room.

His players came in and went about their business, going from station to station.

He watched and waited to see what would happen.

One of the more athletic guys nervously looked around the room to see if anyone was looking and then quickly slipped a twenty into his sock.

Another saw a twenty in the corner, picked it up and brought it to him, "Coach, somebody must have dropped this."

At the end of the session, the coach brought everybody up and said ...

QUESTIONS TO ENGAGE PLAYERS

1. What would you say to the team if you were the coach?

2. Would you punish the player that “pocketed” the money if he did not own up to it?

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RESOLUTION TO WORK ON DURING PRACTICE/GAME

Let’s accept constructive criticism without getting too upset about it. Let’s TRUST that we are all striving to help one another improve and grow.

MENTORING MOMENT TO SHOW YOUR PLAYERS THAT YOU CARE ABOUT THEM

Ask individually as many players as you can during practice/game the below:

Do you TRUST that hard work will help you achieve your goals?

What subject in school are you doing better in this year compared to the past?

WAY TO LIVE THE VIRTUE THIS WEEK

Reflect on how trustworthy a son/daughter you are. Can your parents TRUST you?

Remind players to tell their parents and siblings the story.

VIDEO CLIP ABOUT TRUST

Click on the below link and consider emailing this to all your parents to have them watch with their kids as a way to help foster the virtue of the week.

You could also consider bringing your tablet to practice and showing the video to your players as well.

http://www.sportsleader.org/video/karate-kid-jacket-on-trust
QUOTES FOR THE WEEK

*Each day this week communicate the quote of the day.

MONDAY
"Wishing to be friends is quick work, but friendship is a slow ripening fruit." - Aristotle

TUESDAY
"The only way to have a friend is to be one." - Ralph Waldo Emerson

WEDNESDAY
“Sometimes a player's greatest challenge is coming to grips with his role on the team.” - Scottie Pippen

THURSDAY
“Teamwork is the fuel that allows common people to produce uncommon results.” - Anonymous

FRIDAY
“A group becomes a team when each member is sure enough of himself and his contributions to praise the skills of the others.” - Norman Shidle

SATURDAY
“Few delights can equal the mere presence of one whom we trust utterly.” - George MacDonald

SUNDAY
“Few things help an individual more than to place responsibility upon him, and to let him know that you trust him.” - Booker T. Washington

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VIRTUE IMAGE

*Share this image with your players to create a visual to help them understand how virtue is a strength.

TRUST

* The strength to confidently believe in someone regardless of the situation.