



R.O.A.R.S.

(OPENING UP COMMUNICATION)



ETA356, Inc.
Excellence Thru Athletics

THIS IS A GREAT TEAM EXERCISE THAT HELPS OPEN UP LINES OF COMMUNICATION WITH COACHES & TEAMMATES. YOU WILL BE SURPRISED WHAT YOU CAN LEARN BY ASKING OPEN ENDED QUESTIONS.

IT WILL GIVE YOU INSIGHTS INTO YOUR PLAYERS THOUGHTS, VALUES & HEART WITHOUT MAKING IT UNCOMFORTABLE

R.O.A.R.S.

- R** – reflective communication (engages thoughts, feelings, memories, experiences)
- O** – open ended questions (forces conversation)
- A** – affirmation (as they share their thoughts and perspectives)
- R** – reflective responses (respond so they reflect more)
- S** – summation (clarify what we heard and our understanding of what they shared)

EXAMPLES OF R.O.A.R.S. QUESTIONS = Conversation Starters

- If a rhinoceros fought a hippopotamus who would win?
- Do you think it is more important to be kind or rich?
- What is the ideal number of children to have?
- If you could trade places for one week with anyone in the world who would it be and why?
- Who is the most influential person in your life and how has that person affected you?
- If you could have a date with any woman in the world who would it be and why?

THE GOAL:

"To have a player say – thanks, Coach I never had anyone ask me that before" This signifies the beginning of change in that player's life.

"MAKE IT A GREAT DAY +1"