



“THE TEAM BREAKFAST” (COMMITMENT)

OBJECTIVES:

1. Convince your athletes that leadership means commitment. They cannot run in every direction and fulfill their mission (ever try to catch two rabbits at once – you end up with neither)
2. Sometimes being committed or “**ALL IN**” means saying “no” to other options in life.

ATTENTION GRABBER

Send out a team text before a meeting. It should be some type of encouragement or message they would all want to get. Here is what gets interesting! When you send out the message, either leave out the last half of the message or every other word. Then sign it, “From – Coach”. This should provide a good example of being involved but not committed.

When the players arrive at the meeting discuss how they felt about the message or better yet wait for them to ask. Was it half-hearted. Then while they are there send it like you meant to with real commitment this time – See the difference?

ACTIVITY

Here’s a good humorous way of starting a discussion. Ask them who like breakfast and if so what do they like? Make a list of all the animals that help contribute to the meal -- For those that say ham/bacon and eggs ask them who was more committed the chicken or the pig 😊

See if the team can come up with a list of their Top 5 Committed people then let them discuss it until they come to consensus.

Two great movie examples to talk about are Braveheart and Gladiator.

Ask your players how they can see some signs of commitment from each other.

“There are three words that sum up commitment =

Sacrifice (Attitude) – Purpose (Know Your Why) – Determination

“MAKE IT A GREAT DAY +1”