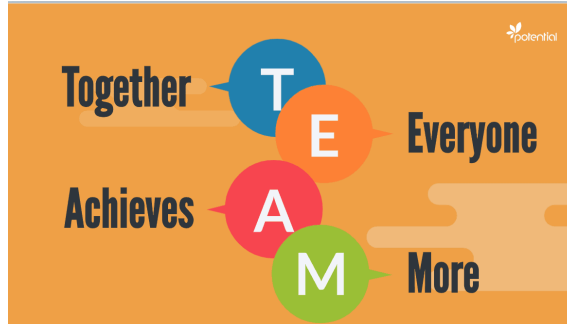


TeamWork in Sports

Teamwork in Sports allows all members to work together to achieve a common goal.



Benefits

The benefits of Teamwork in sports is being able to have a great, fun time and also make new friends. Teamwork helps us learn to trust each other, communicate better, and teaches us to get along and work together.

Why is Teamwork Important

In sports, teamwork is essential to achieving a victory as it requires the effort of every member on the team. Young athletes are able to develop a number of skills through sports that coincide with teamwork such as cooperation and social skills.

Consequences

In team sports when all members of a team don't feel part of the "team" some members will quit and never play sports again. Sometimes coaches focus on winning the game and won't give all members fair play time in fear of losing the game.

What can we do to improve Teamwork in youth sports?

1. Encourage a Positive Attitude
2. Plan Team Building Activities /practices
3. Plan time together outside the court/field
4. Encourage Each Other
5. Teach members to Play for Each Other Not Themselves



A team that I played with was named the futures and they help us with teamwork and communicating with each other and it help everyone get used to talking with new people and helping each other out and after every practice we had to bring a pencil and a notebook and write down what we learned that day and it help the

entire team out on working on the things they were not good at.



Every member on the team deserves the same amount of playtime! #Teamwork