

TEAM vs YOU

Date: ___/___/___

One of the most important things you can understand about team sports is that the TEAM is most important. As a player you must avoid putting your own selfish desires ahead of the team. If players are selfish, it destroys the TEAM. So how do we set aside the selfishness and make it about the TEAM?

First, understand that your coaches care deeply for you. They want you to become great men both on and off the field. They want you to achieve your goals. They love you so much that they have decided to spend a massive amount of time with you and working on your behalf. In many cases, high school coaches do not make a whole lot of money compared to the amount of hours they work, so it is not about the money. Your coaches do this for you. Trust them.

Second, coaches have quite a few players to care about. This means in the process of seeking out what is best for you, they can't allow those decisions to hurt the TEAM. As an individual you naturally see first what benefits you. YOU want to be a starter. YOU want to play the position YOU like best. Coaches see the big picture, and when coaches make decisions about you, the TEAM is always thought about first. Understand that your coaches love you, but they love the TEAM more.

Selfish players get upset when they don't get the individual glory. For example, John's teammates celebrated the victory while John sat alone on the bench, upset because he didn't get the ball enough. By being upset after a victory, John is sending a message to his teammates that he doesn't care if the team wins or loses. All he cares about is if he got the ball enough. By only caring about himself, John is missing out on the joy that comes from playing and winning as a team. He is also alienating himself from his team. How many points you score is not what matters. Your teammates and team are what is important. Many years from now, no one will remember how many points you scored. What will be remembered are the relationships that you developed with your teammates.

Championship teams do NOT consist of selfish players. Championship teams consist of players who always play as a team. They love each other. They help each other. They are happy for each other. So to help in the process of becoming a TEAM, you must become a teammate who is a fan of your fellow teammates. Find positive things to say to your teammates on and off the field. Being unselfish begins with the words that come from your mouth, so use them in a positive and uplifting way. You are part of something greater than just YOU alone. You are part of a TEAM.

QUOTE: *"When we care about others as much as ourselves, the individual in us succeeds beyond belief."* –Unknown

OBSERVATION

- 1) What do selfish players do to the TEAM?
- 2) Does a coach only want you to be successful in football?
- 3) TEAM or you, who is more important?

OVERTIME

Go to www.afootballjourney.com to watch a video of the ultimate team playing as a team, the 2014 San Antonio Spurs.

APPLICATION

- 1) If your teammate scores the game winning touchdown are you happy for him and happy for the team, or are you upset that it wasn't you? Why?
- 2) If your role as receiver for the football team is to block the entire game, are you happy that you got to help the team win by working hard at your given role, or are you upset that you didn't get the ball? Why?
- 3) Your coach asks you to move positions to help the team. What things can you do to show you know that the TEAM is more important than you?

DID YOU KNOW?

Before and after every practice or workout, you should weigh yourself. For every pound of weight you lose, you should drink two cups of water (16 oz).