

Pre-Season Team Retreat

Retreat Options

1. Meet at a coach or player's house or another off-site venue away from where you regularly practice one evening or weekend.
2. Meet in a classroom or meeting space before, during or after a regularly scheduled practice.
3. Have a team meal (e.g. pizza) prior to starting the retreat exercises, if possible.

What You'll Need

1. You'll need to be able to show the video on a projector or tv screen large enough for everyone to watch.
2. Bring a notebook and pen for each group of 3-4 players, and one for you.
3. Ensure there is enough seating for the players and coaches.

Retreat Outline

- 1. Exercise #1 - Identify a hero, highlight, hardship (12 min)**
 - a. In groups of 3-4, share a hero, highlight, and hardship (6 min)
 - Coaches participate in their own group
 - b. As a team, including coaches, share a hero, highlight, or hardship each (6 min)
- 2. Exercise #2 - Who your team is representing (3 min)**
 - a. In groups of 3-4, players identify who they're representing this season (1 min)
 - b. As a team, share *all* the ideas each group surfaced (2 min)
- 3. Exercise #3 - Where will your team will represent (10 min)**
 - a. In groups of 3-4, players identify all the times and situations they'll be representing the team this season (3 minute)
 - b. As a team, share *all* the ideas each group surfaced and create a list of the most important 12-15 for each group to use (7 min)
- 4. Exercise #4 - How your team will represent excellence (50 min)**
 - a. In groups of 3-4, come up with 1-2 examples of what excellence looks like for each situation or place. (20 min)
 - b. As a team, discuss and agree on 2-3 standards of excellence for each situation or place. (30 min)
 - c. Coach writes down the final standards of excellence.
- 5. How your team can uphold the standards (10 min)**
 - a. Reminders, encouragement, and accountability