

CHARACTER CHALLENGE GUIDE

*“Every rep, every drill, every huddle is a chance to grow character—
if we coach for it.”*

– Coach TJ Rosene

HOW TO USE THIS GUIDE

- **Pick 1 challenge per week.** Introduce it in practice, pregame, or team meeting.
- **Post it in the locker room** or write it on your practice plan.
- **Celebrate it on Fridays or after games.** Ask:
 - *“Who lived this out this week?”*
 - *“What did we learn from it?”*
- **Optional:** Have players nominate a teammate who modeled the week’s challenge.

40 WEEKLY CHARACTER CHALLENGES

Effort & Ownership

1. Sprint to every drill, game and water break faster than expected.
2. Be the first player to pick up equipment after a drill or game practice.
3. Lead your line or group with energy, focus, and communication.
4. Finish through fatigue—no complaints, no shortcuts.
5. Do an extra rep or task without being asked.
6. Make 3 teammates better just by your hustle.
7. Choose to lead when you feel tired or quiet.
8. Use every mistake as a bounce-back moment.

Gratitude & Humility

1. Thank a teammate after every drill or scrimmage.
2. Text or thank a coach, teacher, or parent this week.
3. Point to your teammate after every assist you receive.
4. Ask a teammate how you can support them today.

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5. Celebrate someone else's success louder than your own.
6. Leave the gym or locker room better than you found it.
7. Say "thank you" to the refs—win or lose.
8. Find a quiet way to serve the team this week.

Leadership & Communication

1. Encourage every teammate by name during practice.
2. Make eye contact and fist-bump before each drill.
3. Use huddles to give clear, confident reminders.
4. Speak up when something needs to be said—kindly and firmly.
5. Give a post-practice shoutout to someone overlooked.
6. Ask a teammate how they're doing—off the court.
7. Help a younger or newer teammate feel confident.
8. Be the voice of calm when tension rises.

Resilience & Mental Toughness

1. Shake off frustration faster than usual.
2. Play with poise—no eye rolls, no blame.
3. Own your body language, even when you mess up.
4. Stay locked in when you're not getting playing time.
5. Take coaching and corrections without excuses or attitude.
6. Bounce back after a mistake with your best effort.
7. Be a thermostat, not a thermometer—set the tone.
8. Respond to a tough moment with encouragement.

Team Unity & Culture

1. Invite someone new to shoot or warm up with you.
2. Sit next to a different teammate on the bus or bench.
3. Hype up a teammate during intros or timeouts.

CHARACTER CHALLENGE GUIDE, CONTINUED

4. Organize a team cheer or post-practice shoutout.
5. Model “we before me” in every team setting.
6. Make your body language match your commitment.
7. Choose patience when things don’t go your way.
8. Protect the culture—even when no one’s watching.

BONUS TIPS

- Use the acronym **“ACE”**: **Announce, Coach, Evaluate**
 - Announce the challenge at the start of the week
 - Coach for it during practices & games
 - Evaluate who lived it out and celebrate them
- Ask:
 - “What does this challenge look like in real life?”
 - “What would it sound like if we got this right?”
- Let players take turns choosing or leading the challenge each week.