Name:

ACTION POINTS & MODULE TASKS

Module 7.1 - Improve Decision Making

Q1. How can you incorporate decision making into training?

Q2. Why should we use multiple players in drills?

Q3. How does video analysis help to improve decision making?

Q4. What are 5 things you can do to help improve your players decision making?

1

2

3

4

5

Module 7.2 - Meta Programs

Q5. What is a meta program?

Q6. How can we use meta programs to improve team performance?

Q7. Name the 7 Meta Programs giving a sports example for each:

1

2

3

4

5

6

7

Q8. How can we change meta programs?

Module 7.3 - EQ

Q9. Why is having a high EQ important for a coach?

Q10. Give 3 examples or characteristics of a player with a high EQ:

1 _____

2 _____

3 _____

Q11. What are the 4 dimensions of EQ?

1 _____

2 _____

3 _____

4 _____

Q12. Name 2 ways to increase EQ:

1 _____

2 _____

Module 7.4 - Leadership

Q13. Who do you look up to as a leader and what makes them great?

Q14. What are the 5 levels of leadership?

1 _____

2 _____

3 _____

4 _____

5 _____

Q15. Name 3 principles of great leadership

1 _____

2 _____

3 _____

Q16. What are 3 indicators of leadership:

1 _____

2 _____

3 _____

Q17. What do you look for in a captain or leader of the team?

Module 7.5 - Positive Team Environment

Q18. Name three things that happen in a positive team environment?

1 _____

2 _____

3 _____

Q19. Why is having a positive team environment important?

Q20. What are the two types of cohesion?

1 _____

2 _____

Q21. Name one way that your team can have more distinctiveness:

Q22. Give three examples of roles within your team:

1 _____

2 _____

3 _____

Q23. What is social loafing AND give 3 things that cause it

Module 7.6 - Creating a team culture

Q24. What is a team culture?

Q25. Why do we need to build the environment first before we rely on winning?

Q26. Why is mutual respect in a team important?

Q27. Name two things that can help develop team culture:

1 _____

2 _____

Q28. Name two things that can destroy team culture:

1 _____

2 _____

Q29. What are five questions you can ask to help develop a team culture:

1 _____

2 _____

3 _____

4 _____

5 _____

Module 7.7 - Team Building

Q30. What is the purpose of team building?

Q31. What are the 4 stages of team building and what's they key message of each:

1 _____

2 _____

3 _____

4 _____

Q32. What is the goal of commitment in team building?

Q33. Name 5 team building activities or exercises you could do with your team:

1

2

3

4

5

Q34. What is the most important part of team building and why?