

Enhancing Team Cohesion

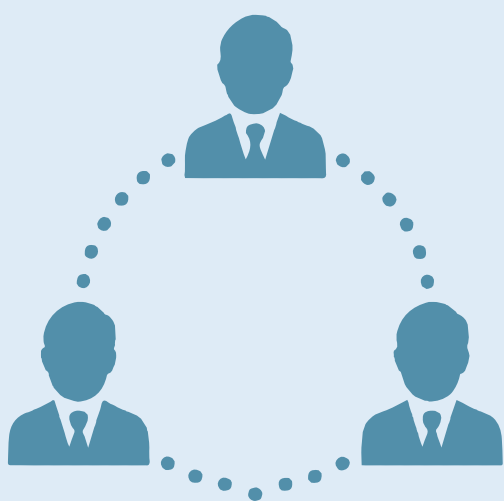
Team Cohesion: 'the tendency for a group to stick together and remain united in the pursuit of goals'

1

Communicate

Encourage open and honest communication through **formal and informal** methods.

E.g., holding a **team meeting** to discuss progress, any issues/challenges faced and strategies going forward in the season.



2

Set Clear Roles

Clearly explain an athlete's role within the team, ensuring **understanding**, and increasing **support/empathy** e.g., in preseason, assign new members a mentor to help clarify any queries about their team role.

3

Create Team Goals

A coach & team should:

1. Establish a **long-term** goal e.g., BUCS promotion.
2. Identify **paths using short-term goals** to achieve the long-term goal.
3. **Monitor progress** made.
4. **Reward progress** made e.g., winning 70% of BUCS matches.
5. Foster **collective team confidence**.



Leadership Style

4

Consider a '**participative**' leadership style, taking into account team feedback. **Adjust your leadership style** to suit the situation e.g., if the team is struggling with communication in a match, step in and discuss strategies to overcome the problem.

