

# WORKSHOP DEVELOPMENT WORKSHEET

## STEP 1 : VALUES AND DEFINITIONS

Values form the **foundation for your program**. For you to have the type of program you want, **certain values need to be instilled in your players in.**

- These questions can help you start to determine and narrow those down if you are not sure...
  - What do I value personally?
  - What do I ultimately want my kids to leave this program valuing?
  - If someone were to watch our team play, what would I want people to say about us?
  - If our team wasn't \_\_\_\_\_, it would keep me up at night.
  
- **Write your 3-5 values below**

Now let's define each one. **What does each Value mean to YOU?** (How would you define each value **using your words**)

- These are short definitions that are clear and easy to understand and remember. Defining values helps you communicate clearly and effectively
  
- **Now write your values with their corresponding definitions on the next page**

*Refer to the list on the last page for examples of Core Values and Definitions. Feel free to use an example or form your own*

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## EXAMPLE

VALUE: DISCIPLINE

DEFINITION: BEING WHERE YOU'RE SUPPOSED TO BE, DOING WHAT YOU'RE SUPPOSED TO BE DOING, ALL THE TIME

VALUE:

DEFINITION: \_\_\_\_\_

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## STEP 2 : ON FIELD/COURT ACTIONS

On Field/Court actions are SPECIFIC habits, standards, behaviors, and/or expectations that players and coaches exhibit at practice, games, workouts, and other times when coaches are with players, that align with our values. We will use these during the culture workshop.

- What habits, standards, behaviors, and/or expectations do you already have or want to implement that model your values? Think SPECIFIC, MEASUREABLE, OBSERVABLE, VALUE ALIGNED
- **Write your 3 ON COURT/FIELD ACTIONS for each value on the next page**

### EXAMPLE

#### VALUE: DISCIPLINE

- Be dressed and ready for practice BEFORE designated practice time
- Clean and organize your locker before leaving after practice or games
- Maintain positive, confident body language after a bad call

#### VALUE:

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#### VALUE:

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## STEP 3 : NAME YOUR CULTURE

What is the desired Culture of the program?

- If you are unclear and don't have a desired, clear theme/culture
  - What is a phrase or word that you want your program to be known for? What word/phrase represents what you are trying to build?
  - Examples: Tough People Win, Legacy, Mudita, Level Up, Win the Day, Build Better Men,

**Write your word or phrase here:** \_\_\_\_\_

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## STEP 4 : PRINCIPLES

Principles are inspiring reminders or mindsets that players and coaches say to help them refocus and shift our perspective so we can perform at our best. "Control what you can control" would be an example of a principle that you might be constantly reminding you and your team of to help them get focused.

During the workshop, we are going to ask the players to choose a principle for each value. We provide them with a choice of 6. If you have some phrases you already use and would like to be included in their choices, please list them below.

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# WORKSHOP DEVELOPMENT WORKSHEET

## WORKSHOP DETAILS

### 1. What we need to know in advance

- What time and date will work best for team? (Things to keep in mind)
  - Players involved with other sports
  - Coaches will need to be there
- # of total players participating (Will divide into small groups for a portion of workshop)
- # of small groups we are dividing the players into
- # of total coaches participating

### 2. Needs on the day of the workshop

- Comfortable location with chairs classroom style or round tables
- Large TV or projector/screen
- WiFi
- Leader for each group and group members defined
- Player Phones
- Access to gym or outside field to do team activity

# Core Values and Definitions

Value	Definition
<b>Accountable/Accountability</b>	Accepting responsibility for your role and excelling in it
	Do what you're supposed to do so others will do what they're supposed to do
	Care about my teammate enough to always do the right thing
	Actions and words match
	Holding yourself and others to a high standard in all areas of life
	Take control
<b>Attitude</b>	Own your choices and decisions (T.O.B. = Take On Blame)
<b>Attitude</b>	Positive approach to everything you do
<b>Belief/Believe</b>	Choosing to trust
	I am fearless because whatever I set my mind to, I can do
<b>Cohesive</b>	Think and act as one
<b>Commitment/Committed</b>	Stay true to your goals regardless of the circumstances surrounding you
	Setting my wants and desires aside to make the team the best it can be
	Completely dedicated to the standards
	Sacrificing to be who we want to be
	Willingness to sacrifice and put in the work to be your best
	Treat as a priority and be willing to sacrifice
<b>Communication</b>	Listening more than you speak while understanding your voice matters
<b>Compete/Competitive</b>	Straining to achieve excellence
	Relentless effort regardless of the circumstance
	Relentless effort regardless of the circumstances.
	Tough people who fight at all costs
	Refusal to give in to circumstances regardless of outcome
<b>Consistent/Consistency</b>	Dependable regardless of the situation
	Repeated high levels of attitude, effort, discipline, and selflessness over time
	Behave in the same way by controlling your individual actions
	Reliable dependable behavior daily
	Being the same every day regardless of how I feel
<b>Continuous Growth</b>	Ability to learn from success and failure, respond accordingly, and evaluate progress
<b>Courage/Courageous</b>	Doing hard things
	Willingness to empty the tank as if failure doesn't exist
<b>Discipline</b>	Being where you are supposed to be, doing what you're supposed to be doing all the time
	Commitment to the little things
	Choosing the harder right over the easier wrong
	Doing the right things, the right way, all the time
	Training to reach the standard or expectation set
<b>Effort</b>	Energy you bring to the family
	Intentional energy given to a task even when I don't feel like giving it
	Concentrating all of your energy toward a task
	Discipline, accountability, and sacrifice in everything I do
<b>Encourage/Encouraging</b>	Communicating positively with my mouth, ears, and body
	Instilling belief despite uncertainty
<b>Energy</b>	Finding power within yourself to be a beacon of light to others
<b>Enjoy/Enjoyment</b>	Smiling, having fun, and embracing my special, purposeful life together with others
	Having fun doing what you love with others
<b>Enthusiasm</b>	Positive attitude of excitement and energy
	Choosing to bring positive energy and effort regardless of your feelings and circumstances
<b>Excellence</b>	Strive to be the best you can be and do the best you can do every day
<b>Faith</b>	Growing Closer to Jesus Everyday
<b>Family</b>	Genuine Love
	Love each other, fight for each other, trust each other
<b>Finish</b>	Leave no doubt
<b>Focus</b>	Giving 100% attention mentally, physically, and emotionally to what we are doing
	Demonstrating a championship approach with elite attention to detail.
	Stay on task and finish
<b>Grateful/Gratitude</b>	Being thankful and showing appreciation for everything, everyone, and every opportunity
	Humbly realizing God has given opportunities and thanking Him daily
	Not taking anything or anyone for granted
	Showing appreciation for the opportunities you're given and the people you're around
<b>Grit</b>	Keep going even when you want to give up
	Perseverance and passion for achieving a goal
	Having the perseverance and passion required to reach your goals
<b>Growth</b>	Physical, mental, and emotional maturity over time that is noticeable by others and yourself
<b>Hard work</b>	Putting purposeful time and effort to be prepared
	Give great effort in all we do
	Being the best we can be

# Core Values and Definitions

	Paying the price with effort to be who we need to be
<b>Honest</b>	Ability to tell the truth to yourself and others and accept the outcome
<b>Humble/Humility</b>	Thinking of Yourself Less Freedom from pride or arrogance Making others feel important Respectful and putting others first Freedom from pride or arrogance
<b>Integrity</b>	Doing the right thing all the time
<b>Intensity</b>	Willingness to challenge yourself and compete with a sense of urgency
<b>Intentional</b>	Focus and purpose to every little thing
<b>Invested</b>	Intolerance of behaviors that lose
<b>Joy</b>	Have fun doing what you love
<b>Leadership</b>	Set the tone, even when it's hard
<b>Love</b>	Unconditional concern and care for the well-being of others
<b>Max Effort</b>	Giving complete and undivided energy and attention
<b>Passion</b>	Love, care, and enthusiasm that you bring to each environment Willing to sacrifice Bring energy in everything we do Unwavering Belief That You Can Achieve Your Goal
<b>Perseverance</b>	Continue to do something even when it's difficult
<b>Positive</b>	Find the Good in Every Situation
<b>Preperation</b>	Work consistently every day to have opportunity for success
<b>Relentless</b>	Bringing intense desire and consistent energy in everything you do Giving constant and intense effort regardless of the circumstances Bringing energy ever day in pursuit of our standard Never letting up in any situation regardless of my feelings or circumstances Constant pursuit to make an impact
<b>Resilient</b>	Unwavering effort regardless of the circumstance Ability to quickly recover from and make adjustments in the midst of adversity Refuse to Quit
<b>Respect</b>	Always showing value and appreciation towards others and our process Value and appreciation for others
<b>Responsibility/Responsible</b>	Choosing to control our attitude, effort, and priorities for max effectiveness Do the things you are supposed to do Complete control over your effort and attitude towards everything we do...regardless of how you feel Being where you are supposed to be, doing what you are supposed to be doing without being told Do your job
<b>Self Confidence</b>	Strong belief in your identity and ability that comes from within
<b>Self Discipline</b>	Ability to work hard and behave in a particular way without outside motivation
<b>Selfless</b>	Thinking of yourself less More of the team, less of you Forget about me, I love you Setting aside your WANTS for the NEEDS of others Minimizing the importance of self in order to have unity of purpose Putting the teams needs ahead of my wants Helping others be better Team before me Acts that benefit others without regard for how it affects you Play for the girl beside you
<b>Servanthood</b>	Intentional, selfless desire to help others Doing something for others without expecting anything in return
<b>Thankfulness</b>	Appreciating every opportunity we are given
<b>Together</b>	Choosing to be selfless for the better of our team Respect, trust, challenge, and communicate with each other Genuine Love A unit with a bond that can not be broken When things get tougher, we get closer
<b>Tough/Toughness</b>	Nothing Breaks Your Spirit Strength to withstand adversity and take difficult situations head on Overcoming adverse situations regardless of how you feel We will face adversity, expect it and fight through Physical, mental, and emotional strength to accept and overcome adversity Mental, physical, and emotional ability to perform regardless of the situation
<b>Trust</b>	Staying consistent and accountable regardless of the circumstance
<b>Trustwilling</b>	Willingness to let others in by opening your heart and mind
<b>Unified</b>	Building an unbreakable bond with honesty, trust, and selflessness
<b>Unity</b>	Move together as one