

WWW.2WORDS.TV

# BUILD TRUST

## QUOTES OF THE WEEK:

### MONDAY:

"The best time to build trust was yesterday, but the second best time is today."  
Coach Mackey

### TUESDAY:

"Good teams become great ones when the members trust each other enough to surrender the Me for the We." Phil Jackson

### WEDNESDAY:

"Whether you're on a sports team, in an office or a member of a family, if you can't trust one another there's going to be trouble." Stephen Covey

### THURSDAY:

"He who does not trust enough will not be trusted." Lao Tzu

### FRIDAY:

"A team is not a group of people who work together. It is a group of people who trust each other." Simon Sinek



## COACHES

**Challenge** athletes to trust each other.



## CAPTAINS

**Build** trust with your teammates.



## ATHLETES

**Get to know** your teammates.



## FAMILY

**Learn** to trust each other.

**BUILD TRUST**

A team is stronger as a unit than the sum of its individual players. Or at least, it can be—so long as the team trusts one another. A team that has trust will go much farther than a group of individuals who don't trust each other. If you want to build trust on your team, it's going to take three things: time, truth, and testing. Let's take a look.

**Time.** The best time to build trust was yesterday, but the second best time is today. That's because you can make a new friend every day, but making an old friend takes time. The same is true for making a great teammate. Over time, you prove yourself to be a great teammate, and your teammates prove themselves, too.

**Truth.** Just like you can't live without oxygen, trust can't live without truth. Obviously it's important not to lie to your teammates, but it's also important not to leave things out. Omitting the truth hurts trust just as much as an outright lie. When you have conversations that are built on truth, that will help you build trust.

**Testing.** Trust is built faster when we go through trials together. Think about boot camp in the off-season. How much closer do you feel to your teammates after you all make it through that? That closeness comes from experiencing something difficult and supporting one another through it. When you do hard things together, it builds trust.

A team is stronger together, but only when they trust one another. You get to choose the moment you decide to trust and be trustworthy. It will take time, truth, and testing, but once you make the choice, the trust building begins.



# WEEK 33

## BUILD TRUST FOR COACHES



### BUILD TRUST: FOR COACHES

A team without trust isn't going to make it very far. Athletes who don't trust their teammates aren't going to sacrifice as much for them. Teammates who are constantly waiting for the others to disappoint them aren't going to perform at their best. Trust makes a huge difference in whether a team works or not.

So how do you build trust among your athletes? Trust comes from three things: time, truth, and testing. Let's take a look at how coaches can influence each of these.

**Time.** Coaches have a lot of control over how much time athletes spend together and what they are doing during that time. On the other hand, we can't control how long the season or semester is. So we have to work within the constraints of the school year, but we also have the ability to capitalize on the time that we have.

**Truth.** Honesty is such a well-known character trait that we don't need to talk about it as part of our team standards, right? Wrong. If it's not represented in the standards, it probably won't be demonstrated in our athletes' actions. If we want them to speak truth to themselves and to others so they can build trust with their teammates, then we've got to make honesty and trustworthiness part of the team standard.

**Testing.** There are lots of challenges that will come up throughout the year or season that you have no control over, and that's not the time to start building trust. Instead, look for situations you can control that will be challenging for the team. This has the added benefit of helping them get bigger, stronger, and faster, but the goal is to build trust.

A team is stronger together, but only when they trust one another.

### THIS WEEK, BE ON THE LOOKOUT FOR:

- 1. Opportunities to TEST athletes with challenges.** Make it a daily or weekly event during practice. It can be an ice breaker or a cool down, or a surprise break in the middle. Regardless of when the challenge comes up, have students nominate 2 or 3 teammates to complete the challenge. Here are a few suggestions for challenges: Do a large number of push-ups in a small number of minutes. Run the length of the court four times in a certain amount of time. Pick up the balls from practice in a set amount of time.
- 2. Opportunities to CREATE teams within the team for competitions.** Rather than placing athletes in teams based on position or grade, try to get a mix of student-athletes into each group, so they are partnered with people they might not spend a lot of time with. Switch up the teams throughout the season (or off-season) so that they are working with different team members each time.
- 3. Opportunities to TRUST your athletes.** It's important for athletes to trust each other, but it's also crucial for them to trust their coaches. Trust is a two-way street. If we don't trust them, then they won't trust us.

### QUOTES OF THE DAY:

#### MONDAY:

"The best time to build trust was yesterday, but the second best time is today."

Coach Mackey

#### TUESDAY:

"Good teams become great ones when the members trust each other enough to surrender the Me for the We." Phil Jackson

#### WEDNESDAY:

"Whether you're on a sports team, in an office or a member of a family, if you can't trust one another there's going to be trouble." Stephen Covey

#### THURSDAY:

"He who does not trust enough will not be trusted." Lao Tzu

#### FRIDAY:

"A team is not a group of people who work together. It is a group of people who trust each other." Simon Sinek

# WEEK 33

## BUILD TRUST FOR CAPTAINS

### **B** BUILD TRUST: FOR CAPTAINS

Teams do not perform well without trust. This is especially true when the team doesn't trust their leader or when the leader doesn't trust their team. That's why it's so important to build and maintain trust with your teammates.

Think of trust as a bridge between you and the other person. Every action you take that increases trust is like routine maintenance keeping the bridge safe and passable for understanding. Every action that harms trust is like removing a girder, damaging the integrity of the whole structure.

Here are a few actions that help to build trust:

- **Spending time together.** This is most effective when the electronics are away and you are focused on getting to know the other person better and actively communicating with them.
- **Remembering things about them.** Things like their birthday are great, but what's really impressive is remembering they don't like orange anything or that their younger brother has a chronic illness. Just being mindful of details goes a long way.
- **Keeping your promises.** If you say you are going to do something; do it. It's really that simple.
- **Seeking others' input or advice.** People like to feel needed, and when you are willing to humble yourself to ask for help, you show your trust in them to assist you, which makes them want to trust you more.
- **Admitting mistakes.** Everyone makes mistakes. Mistakes can be forgiven, but first they have to be admitted. When you admit your mistakes, you signal to others that they can trust you to accept responsibility in the future, too.

Trust is essential to any team. Without trust, there is no progress. Or, going back to the bridge analogy, without trust there is no safe passage for understanding between you and your teammate, friends, or family members.

### /// CAPTAINS' LOG ///

#### "LEADERS ALWAYS LEAD"

How much do your team members trust each other? How do you know?

What have you done recently to build trust with your teammates? What have you done that might have damaged trust?

When was the last time you did one of the actions suggested above? How did that affect others' trust in you?

Do you find it easy to trust others? Why or why not?

What helps you to trust others?

# WEEK 33

## BUILD TRUST FOR ATHLETES



### **BUILD TRUST: FOR ATHLETES**

A team is stronger as a unit than the sum of its individual players. Or at least, it can be—so long as the team trusts one another. A team that has trust will go much farther than a group of individuals who don't trust each other.

The best time to build trust with your teammates was yesterday, but the second best time is today. That's because you can make a new friend every day, but making an old friend takes time. And what is a teammate other than a friend with whom you share a goal?

If you want to build trust with your teammates, then you have to spend time with them. There are experiences that can only happen during sports, and those moments are opportunities to begin the process of bonding with your team. But building trust takes more than just working out together. You've got to get to know each other as people beyond what you can do on the field.

To get to know your teammates as people, you've got to hang out outside of athletics. It doesn't have to be a full weekend blowout bash of getting-to-know-you games. That would probably feel artificial anyway. Instead, look for small ways to spend time with your teammates on the weekends, at lunch, or after practice. Here are a few examples:

- Sit with someone different on the bus to games each week.
- Organize a community service group for an evening or weekend.
- Give a teammate a ride home after practice.
- Get together to do homework or play video games.

Trust takes time. The more time you spend with people you don't know well, the better you will get to know them. To trust someone, you've got to know them. You're not going to get to know and trust your teammates unless you spend time with them.

### **ATHLETE'S EXERCISE:**

1. How many of your teammates do you know and trust?
2. How can you get to know the rest of your teammates?
3. What makes you trust someone?
4. How do you show others that you are trustworthy?
5. How are you going to spend time with your teammates outside of athletics this week?

# WEEK 33

## BUILD TRUST FOR FAMILY



### **BUILD TRUST: FOR FAMILY**

A family is stronger as a unit than the sum of its individual members. Or at least, it can be—so long as our family trusts one another. A family that has trust will go much farther than a group of related individuals who don't trust each other. If you want to build trust with your family, it's going to take three things: time, truth, and testing. Let's take a look.

**Time.** The best time to build trust was yesterday, but the second best time is today. That's because we can make a new friend every day, but making an old friend takes time. The same is true for family. Over time, we prove ourselves to be trustworthy, and this isn't always a straight line. Sometimes we'll grow closer together, and sometimes we'll drift apart a little. Time changes many things, after all. But without time spent together, we won't form trust.

**Truth.** Just like we can't live without oxygen, trust can't live without truth. Obviously it's important not to lie to our family, but it's also important not to leave things out. Omitting the truth hurts trust just as much as an outright lie. When we have conversations that are built on truth, that will help the family build trust in each other.

**Testing.** Trust is built faster when we go through trials together. Think about a really busy summer schedule. How much closer do you feel to your family after you all make it through that? That closeness comes from experiencing something difficult and supporting one another through it. When we do hard things together, it builds trust.

A family is stronger together, but only when they trust one another. We get to choose the moment we decide to trust and be trustworthy. It will take time, truth, and testing, but once we make the choice, the trust building begins.

### /// BEST 5 ///

#### THE BEST FIVE MINUTES OF THE WEEK

What makes your family really strong together?

Does your family trust each other? Why or why not?

How can you make more time to spend with each other?

What is a truth that you have been omitting or avoiding?

What trials have your family gone through together? How did they bring you closer together?

# WEEK 33

## BUILD TRUST

Group Identity (Team Building Exercise)

### ● Group Identity (Team Building Exercise)

Instructions:

- Designate each corner of a room as A, B, C, and D. A court, field, or diamond works well for this, too.
- Ask the team members which answer they identify with more (A, B, C, or D) from the list below or create your own.
- Instead of verbally replying, the team members will physically group themselves in each corner according to their answers. Don't give them time to think about it. Use a timer if necessary.
- After each question, have at least one representative from each group tell the team what makes them happy or proud to be in that group.
- The questions are not meant to be serious. They're meant to give team members a chance to see similarities with their teammates in a lighthearted way so they can open to the concept of looking for similarities in more serious ways.
- For the last question, ask: Which of the following do you identify with? Make one of the answers your team mascot (or however you typically refer to the team). This will bring everyone to the same corner to remind them that they're all on the same team.

### List

Which color do you identify with? A) Green B) Blue C) Orange D) Purple

Which beverage do you identify with? A) Water B) Soda C) Juice D) Milk

Which animal do you identify with? A) Cat B) Dog C) Horse D) Bird

Which room do you identify with? A) Bedroom B) Living Room C) Garage D) Kitchen

Which subject do you identify with? A) Math B) Science C) History D) Art

Which activity do you identify with? A) Skiing B) Drawing C) Surfing D) Playing cards

Which article of clothing do you identify with? A) Jeans B) T-shirt C) Sweatpants D) Swimsuit

Which type of weather do you identify with? A) Sunny B) Windy C) Rainy D) Humid

Which mythical creature do you identify with? A) Dragon B) Elf C) Unicorn D) Phoenix

Which genre of movie do you identify with? A) Romance B) Action C) Sci-Fi D) Comedy

**Additional Resource:** For more team building exercises, check out [The Locker Room Playbook: A Practical Guide to Heal Hurt, Overcome Adversity, and Build Unity by Stephen Mackey and Damon West. \(Amazon\)](#)