



QUICKER AND SLOWER

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QUOTES OF THE WEEK:

MONDAY:

"If you don't care about the guy next to you: One, you're a terrible teammate. Two, you're never gonna win." Travis Kelce

TUESDAY:

"The best way to have great teammates is to choose to be a great teammate."
Coach Mackey

WEDNESDAY:

"I take an approach of focusing on characteristics and qualities that I want to be as a teammate and the numbers will take care of themselves." Maya Moore

THURSDAY:

"It's easy to be the greatest teammate when you're winning. How about when you're losing? How about when you're down 20?" Jared Dudley

FRIDAY:

"I'll do whatever it takes to win games, whether it's sitting on a bench waving a towel, handing a cup of water to a teammate, or hitting the game-winning shot."
Kobe Bryant



COACHES

Guide listening and learning.



CAPTAINS

Choose your words carefully.



ATHLETES

Look for the best in others.



FAMILY

Love quickly, judge slowly.



QUICK AND SLOW

The best way to have great teammates is to choose to be a great teammate. Great teammates are both quick and slow. They are quick to listen, to learn, and to love. But they are slow to speak, to anger, and to judge. Let's take a brief look at each of those.

QUICK

Listen. When someone calls us out, we're often quick to brush them off. But to be a good teammate, we have to be quick to listen instead. Hear them out.

Learn. Be quick to own your mistakes so you can learn from them. Be quick to listen to correction, so you can learn from that, too.

Love. Being quick to love means valuing your teammates as people, not just as players. The connections you make with your teammates will build trust over time, and that leads to love.

SLOW

Speak. The slower you are to speak, the more truth that you will speak. When you give yourself time to listen and learn before you speak, you'll find that others give your words greater weight.

Anger. Remember your Anger Rights. You have the right to get angry, but you don't have the right to get there quickly. Anger can make it hard to listen to others and to learn from our situation. And sometimes, anger makes us forget that we love the people around us.

Judge. Everyone has problems in life, so we shouldn't be too quick to judge them for behaviors or words that we don't like. Being slow to judge others helps us to be empathetic, and it helps us remember to lift people up instead of putting them down.

When you choose to be a great teammate, one who is both quick and slow in the right ways, then you leading the way will help your teammates to do the same.

WEEK 36

QUICK AND SLOW FOR COACHES



QUICK AND SLOW: FOR COACHES

Listening and Learning are important skills for our athletes. They are the foundational actions of coachability. As with everything else that we do, if we want athletes to listen and learn well, then we have to give them a chance to practice. If we don't practice and coach 'em up, then they won't know what to do when someone corrects them.

Let's look at three things we can do to help athletes respond well to correction.

Coach them on how to control emotions so they can listen and learn. Correction can bring up a lot of unpleasant emotions. If those emotions are allowed to steal the show, our athletes aren't going to learn anything. Give athletes techniques like breathing or counting exercises to help them focus past the emotions so they can listen to what is being said.

Coach them on how to talk to an adult they disagree with. Superior age does not mean that adults are always right. The experience helps us to be right more often, but we're not infallible. Athletes will disagree sometimes (whether you're right or not) so how do you want them to respond when they disagree with you or another coach?

Coach them on how to get coached up. Coaching is a collaboration between the coach and the athlete. If athletes are just passive receivers of the information, they may still be learning, but they aren't being coached. Coaching requires active participation from the one being coached. Athletes have to be accountable for their own growth.

If we want our athletes to be quick to listen and learn, then we have to coach and practice that just like any other skill.

THIS WEEK, BE ON THE LOOKOUT FOR:

1. **Opportunities to PRACTICE emotion management.** Two effective methods of reining in frustration are controlling your breathing and counting something. Both methods draw your focus away from your frustration and put it on something neutral or even positive. For example, counting the eyes in the locker room helps give you distance (due to the act of counting) while also serving to remind you that there are people who depend on you for guidance looking at you.
2. **Opportunities to INVITE differing opinions.** We want athletes to understand that disagreement doesn't have to be confrontational. With that in mind, give them openings to talk about when their opinion differs from what they hear from coaches and teammates. If they just keep these disagreements to themselves, they aren't going to learn as much as if they brought them into the open.
3. **Opportunities to HOLD athletes accountable for their own growth.** When you meet up with an athlete to go over their progress, start by asking them what they think of how they are doing or what they think they need help with. You've already got ideas from watching them, but let them start the conversation so they have a sense of accountability for their own progress.

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C QUICK AND SLOW: FOR CAPTAINS

Great teammates (and great leaders) are slow to speak because they understand that words matter. The things that you say to others carry weight. Your words can help your teammates to trust you. They can help you to be a leader that others want to follow. But words can only do that if you consider them carefully before you spit them out.

Talking fast or talking a lot doesn't make you a leader. The words that you say have to actually mean something. For example, if your teammate is demoralized after a lost game, your words have the opportunity to either encourage or discourage them. If you just pour out the first thing that comes to mind, you're likely to do more harm than good. But if you are quick to listen and slow to speak, you'll learn what's really bothering them, so you can help them address it in an encouraging way.

Being slow to speak also helps in the quest to be slow to anger. For a lot of people, when they are frustrated or angry, they just want to say a lot of hurtful or negative things. But if you speak in anger, you're going to make a speech you regret. That's because once you say something, it can never really be taken back. You can apologize later, but the damage will already be done.

Instead of letting your frustration fly during a tense moment, stop and take a breath or five. Count the eyes of the people around you, even if they aren't actively paying attention to you. Counting can help you gain some distance from the situation, and noticing the people around you can remind you that you care about the person in front of you.

As both a leader and a teammate, your words matter. So take your time speaking them.

/// CAPTAINS' LOG ///**"LEADERS ALWAYS LEAD"**

Are you typically slow or quick to speak? Why might that be?

How can you remind yourself to take some time before responding?

How is being slow to speak connected to being quick to listen?

How can being slow to speak help you with being slow to anger?

Why does it matter if you are quick or slow to speak?

WEEK 36

QUICK AND SLOW FOR ATHLETES



QUICK AND SLOW: FOR ATHLETES

Great teammates are slow to judge and quick to love. We often judge others on their worst day and ourselves on our best day. But it's important to practice empathy with your teammates. Everybody has bad days, so give each other the benefit of the best.

Easy to say, but how do you put it into practice? Let's take a look at three things you can do.

Put yourself in their shoes. Empathy comes from seeing things from another person's perspective and recognizing the ways in which you are similar. That doesn't mean you can't judge your teammates behavior or actions at all, or that you can't call them out for doing something against the team standards. It just means that you need to first consider how you would feel if you were in their place.

Remember they are part of your family. F.A.M.I.L.Y. means Forget About Me, I Love You. It's the way we treat the people in our lives that we consider to be family, whether they're related to us or not. No matter how you actually feel about your teammates right now, they are an important part of your life while you are part of the team. By joining the team, you chose to make your teammates part of your family.

List their better qualities. If you're really struggling to connect with a teammate, or if they're really making you mad, give yourself a few minutes to list the things you like about them. This can start with superficial things like "cool hair" or "nice shoes" to give you some space from your frustration, but try to look for deeper things like "she's nice to everyone" or "he doesn't hog the ball" so you can move from frustrated to thankful that they're on the team.

When you practice empathy, it helps you be slow to judge and quick to love. It helps you to be and have great teammates.

ATHLETE'S EXERCISE:

1. Who is a teammate that you don't know well or that you don't get along with?
2. What do you know about them? How does that impact your judgment of them?
3. What are some of their better qualities? It's okay to start superficial, but try to dig deeper.
4. How do you treat your family members? Is that the same or different from how you treat your teammates?
5. Why does it matter if you are slow to judge others?

WEEK 36

QUICK AND SLOW FOR FAMILY



QUICK AND SLOW: FOR FAMILY

The best way to have great teammates is to choose to be a great teammate. And the same is true of great family members. When we strive to be a great family, we work at being both quick and slow. We are quick to listen, to learn, and to love. But we are slow to speak, to anger, and to judge. Let's take a brief look at each of those.

QUICK

Listen. When someone calls us out, we're often quick to brush them off. But being a member of the family means being quick to listen instead. Hear each other out.

Learn. When we are quick to own our mistakes and listen to corrections, it allows us to learn from them.

Love. Being quick to love means valuing our family as individuals with their own interests and talents.

SLOW

Speak. The slower we are to speak, the more truth that we will speak. When we give ourselves time to listen and learn before we speak, we'll find that others give our words greater weight.

Anger. Remember the second Anger Right: You have the right to get angry, but you don't have the right to get there quickly. Anger can make it hard to listen to others and to learn from our situation. And sometimes, anger makes us forget that we love the people around us.

Judge. Being slow to judge others helps us to be empathetic, and it helps us remember to lift our family members up instead of putting them down.

Pride will try to twist us up so we're quick to speak, to anger, and to judge while being slow to listen, to learn, and to love. But humility will help us put things back where they belong. If we want to be great in our family roles, we need to learn to be both quick and slow in the right ways.

/// BEST 5 ///

THE BEST FIVE MINUTES OF THE WEEK

What helps you to listen and learn from your family?

What do you love about your family?

What makes you angry? How do you treat others when you are angry?

Are you slow or quick to speak? How has that affected your relationships with your family?

Why does it matter if you are slow to judge your family?

Quick and Slow Worksheet

Part One Instructions: In the Venn Diagram, categorize how you express the six categories below with your teammates. If you are sometimes quick and sometimes slow, put that in the middle.

Listen

Learn

Love

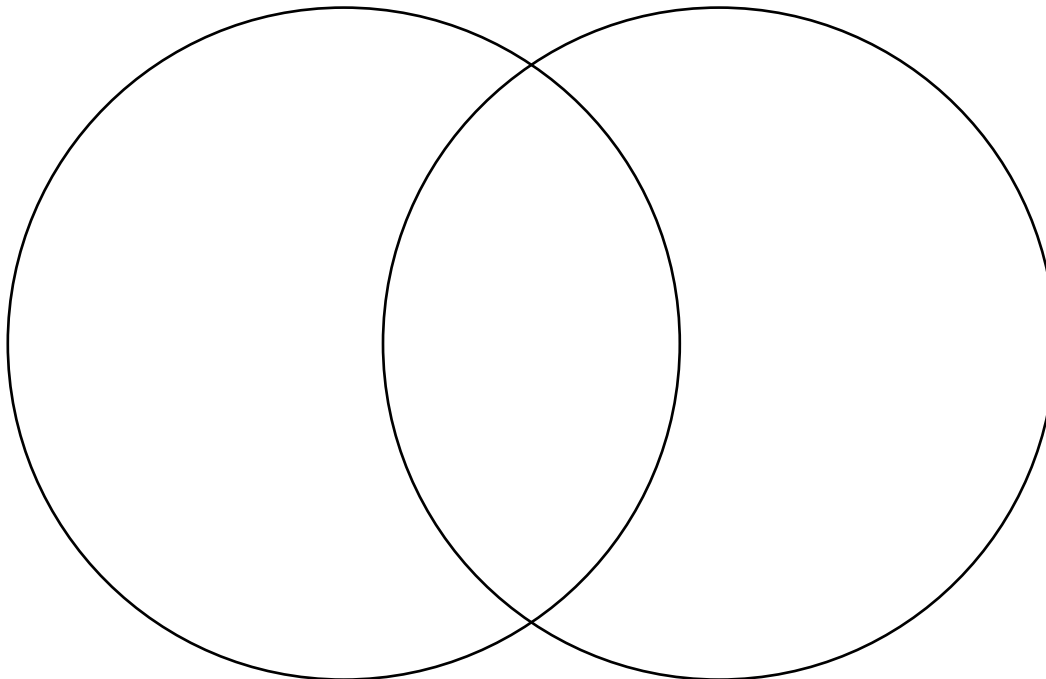
Speak

Anger

Judge

QUICK

SLOW



Part Two Instructions:

Use a separate sheet of paper to respond to the questions and prompts below.

I am quick to: _____

What are a few examples of this?

How does my quickness in this affect my teammates? Is that positive or negative?

If it's negative, how can I become slower in that area?

I am slow to: _____

What are a few examples of this?

How does my slowness in this affect my teammates? Is that positive or negative?

If it's negative, how can I become quicker in that area?

I am sometimes quick but sometimes slow to: _____

What are a few examples of this?

Do I want to be quick or slow in this? Why?

How can I stick to the path I want (either quick or slow)?