



True or False?

If you have time, work on this handout together. If need be, send it home and have your athletes bring it back to discuss later.

As you read the six points below, think about which describe characteristics of a good teammate and which do not. Have your athletes circle the ones that are true and cross out the ones that aren't.

At the bottom, have athletes come up with some other characteristics of good teammates. Have them write all the traits they can think of, then either call on them or have them volunteer to share their answers with the group.

Answers

Answer Key: 1, 2, 4, and 6 are true; 2 and 5 are false.*

**Although athletes' scores are tallied separately in sports like those listed in number 5, there is usually a team score at the end of competition that indicates the team's efforts. Even though these athletes are competing independently, they are still important contributors to the team's overall success.*

Additional questions:

What did you learn about yourself from this activity?

What are some other characteristics of great teammates?



Teamwork

True or False?

Read the statement completely and determine if the statement is true or false.
Correctly mark "T" for a true statement and "F" for a false statement.

Question 1

t f *The members of any successful team have to be able to work together to achieve team goals.*

Question 2

t f *A team could be equipped with more players, or even the most talented athletes, and still not achieve success due to a lack of teamwork.*

Question 3

t f *As long as your team wins, there's nothing wrong with being a ball hog.*

Question 4

t f *A successful team relies on one another, has good chemistry, and a sense of unity — a "we not me" mentality.*

Question 5

t f *Individual sports — like golf, gymnastics, or tennis — never require you to think about your team at a competition.*

Question 6

t f *Every player, whether a starter or not, has an important role and teams that recognize and honor this are the teams that typically live up to their potential and win championships.*