Valued Coaches,

 Thank you so much for giving your time to develop and mentor the youth in SKSC. This packet is a tool to help you intentionally build character in the young people on your team. I request that you do one attribute per week with your players. These are items determined by me and the board to be core values of SKSC. If you need help or clarification please reach out to me or your coaching director.

 You are free to put this into your practice where you think it will fit best. It would work well at the beginning, end, or during a water break in the middle. Players could even be stretching during this time. At a minimum please read the character attribute, definition(s), and example to your team. Use the practical example and quotes to help explain the word for each week. The questions will help get the players thinking about how to live the attribute. Engagement from the players is a necessary part of them retaining and applying the information. These should become familiar terms to our players. For a team that is functioning perfectly, this will help put words to the cohesion and success they are experiencing. During tough periods of your season, this will be a tool to identify specific opportunities for growth. These words can become key terms to encourage players towards positive interaction with coaches, refs, parents, and each other.

 We are not trying to add more to your job as a coach. This should work fluidly with what you are already doing. Ideally, it will make your coaching role easier. A team of players that live the attributes on these pages should be a pleasure to coach. Again, thank you for volunteering to be an integral part of developing the future of South Kitsap.

Sincerely,

Ryan DeCrona

SKSC President

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**Teamwork**

**Definition**

-The combined action of a group, especially when effective and efficient.

-Contributing to a cooperative effort toward a common goal.

**Discussion**

*Example:* (or use your own)

Your soccer team is playing against another team that has very skilled players, but they play as individuals. By working together as a team you use teamwork to combine the skills of all of your players. The group that plays as a team is able to overcome the talent of the individual opponents.

*Ask the Team:*

When have you used teamwork or seen others work as a team?

 At home? At school? In sports?

(encourage positive examples and try to explain how negative examples would have been different with teamwork)

**Quotes**

“Alone we can do little; together we can do so much.” –Helen Keller

“If everyone is moving forward together, then success takes care of itself.”

–Henry Ford

**Sportsmanship**

**Definition**

-Conduct that is fair, respectful, and gracious in winning or losing.

-Playing sports in a way that maximizes the joy of the sport being played.

**Discussion**

*Example:* (or use your own)

In soccer, there are many opportunities to be a good sport:

-Helping an opposing player to their feet after they have fallen.

-Recognizing a good play by your opponent.

-Following the rules even when the ref isn’t watching.

-Admitting that the ball went off you last.

-Celebrating in a way that is respectful of the other team and their effort.

-Shaking hands and saying “good game” in victory or defeat.

*Ask the Team:*

When have you displayed sportsmanship or seen others be a good sport?

 At home? At school? In sports?

(encourage positive examples and try to explain how negative examples would have been different with good sportsmanship)

**Quotes**

“Sportsmanship is definitely an important thing in all sports. In soccer, we all respect each other on such a high level, between Sweden and Brazil and Japan or whatever team it is.” –Alex Morgan

**Resilience**

**Definition**

-The ability to respond well in adversity or failure.

-“Failing Forward”

**Discussion**

*Example:* (or use your own)

During a game, a defensive player is in the wrong position on the field. A faster opposing player gets behind him/her and scores. The player that allowed the goal shows resilience by focusing on staying in position for the rest of the game. Getting discouraged or giving up is the opposite of resilience.

*Ask the Team:*

When have you been resilient or seen others display resilience?

 At home? At school? In sports?

(encourage positive examples and try to explain how negative examples would have been different with resilience)

**Quotes**

“Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it.”

–Michael Jordan

**Integrity**

**Definition**

-The quality of being honest and morally upright.

-Consistent quality throughout every area of a person’s life.

**Discussion**

*Example:* (or use your own)

While walking through the store you find a wallet on the ground. You look inside to see who it belongs to, and you see that there is a lot of cash inside along with a driver’s license and credit cards. As a person with integrity you give the wallet to the customer service desk just the way you found it, without taking anything from it. You act as if the owner of the wallet was there watching you the whole time.

*Ask the Team:*

When have you displayed integrity or seen others have integrity?

 At home? At school? In sports?

(encourage positive examples and try to explain how negative examples would have been different with integrity)

**Quotes**

“With integrity, you have nothing to fear, since you have nothing to hide. With integrity, you will do the right thing, so you will have no guilt.” –Zig Ziglar

“Integrity is doing the right thing even when no one is watching” –Anonymous

**Responsibility**

**Definition**

-Putting the weight of a situation on yourself.

-Admitting your contribution, good or bad, to a particular outcome.

**Discussion**

*Example:* (or use your own)

During a corner kick, a defensive player on the green team fails to match up against someone from the other team. The person they left open scores easily. They take responsibility by apologizing to the keeper and the team for their fault. In response, another player from the green team chooses to encourage them all and lead a push to score a goal for themselves. This player chose to take responsibility for the direction of the rest of the game.

*Ask the Team:*

When have you taken responsibility or seen others own their part in something?

 At home? At school? In sports?

(encourage positive examples and try to explain how negative examples would have been different with someone taking responsibility)

**Quotes**

“Leadership is about taking responsibility, not making excuses.” –Mitt Romney

“You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have charge of.” –Jim Rohn

**Humility**

**Definition**

-Having a correct view of your abilities and weaknesses.

-Seeing the value and contributions of others before your own.

**Discussion**

*Example:* (or use your own)

After a well played game, many of the parents tell one player how great they did that day. Even though the player scored most of the goals, he/she recognizes that the defense and keeper prevented the other team from scoring more. In humility the player replies with, “Thank you, our team did great today!”

*Ask the Team:*

When have you been humble or seen others use humility?

 At home? At school? In sports?

(encourage positive examples and try to explain how negative examples would have been different with humility)

**Quotes**

“A really humble man will not be thinking about humility; he will not be thinking about himself at all.” –C.S. Lewis

“Every person you meet knows something you don’t; learn from them.”

–H. Jackson Brown Jr.

**Industriousness**

**Definition**

-Hardworking in an effective way.

-Using all available resources to get the most out of an opportunity.

**Discussion**

*Example:* (or use your own)

A player understands that team practice is a unique situation for them to get better at passing and soccer field awareness. They work on their skills as much as they can outside of practice, but they are diligent to make every drill and scrimmage count when they are in team situations. They are committed to attending as many practices as possible, and they are completely focused and put in their maximum effort when the coach is teaching them at practice.

*Ask the Team:*

When have you been industrious or seen others display industriousness?

 At home? At school? In sports?

(encourage positive examples and try to explain how negative examples would have been different with industriousness)

**Quotes**

“Fools wait for a lucky day, but every day is a lucky day for an industrious man.”

–Gantama Buddha

“Only you truly know if you are rising to a level beyond plain hard work.”

–John Wooden

**Respect**

**Definition**

-To consider someone important or deserving of honor.

-Not dependent on that person’s characteristics or actions.

**Discussion**

*Example:* (or use your own)

A teacher is giving a lesson in class. One student shows respect by paying attention, even if the topic of study is boring. Another student shows disrespect by drawing or talking to their friends.

*Ask the Team:*

When have you shown respect or seen others be respectful?

 At home? At school? In sports?

(encourage positive examples and try to explain how negative examples would have been different with respect)

**Quotes**

“One of the most sincere forms of respect is actually listening to what another has to say.” –Bryant H. McGill

“This is the final test of a gentleman: his respect for those who can be of no possible value to him.” –William Lyon Phelps