

**KINGS’ SP**

TEAM COHESION: SPECIFIC INTERVENTIONS

**Dr. Neal Sports Psychology**

1. Responsibilities of other players: play other positions during practice
2. Learn something personal about teammates
3. Develop pride within subunits
4. Develop ownership – ‘their’ team, shared power and decision making
5. Set regular team goals for sense of direction
6. Role clarity – individual accountability, each player has unique role – what is it
7. If even one player feels disconnected this will affect team unity and cohesion
8. Do not expect complete social tranquility – interpersonal conflict normal
9. Avoid cliques
10. Are player needs being met
11. Team drills which encourage co-operation – not just skill development
12. Highlight team success even when lose
13. Develop collective efficacy
14. Reduce unhealthy competition among teammates which can –vely impact cohesion
15. Reduce jealousy among teammates
16. Build motivation