

## Locker Room "The Buddy System"



### Inside the Exercise

This is a useful exercise to help develop team communication, motivation and leadership.

Gather your team together in a quiet setting, locker room or classroom. Place each player's name on a piece of paper into a bag. Each player picks a name out of the bag. They are not allowed to tell or show anyone else who they have picked out the bag.

Each player is responsible for motivating the "individual player" they picked out the bag. This exercise can be performed during a practice session or a real game. The goal is for each player to be a positive influence during the practice session or game.

At the conclusion, each player is asked to identify the player who was assigned to motivate them. If each player did their assignment well, they will have been easily recognizable by their team mate.