

## "Player Appreciation" Exercise.



### Inside the Exercise

This is a simple exercise you can do for "Team Building". Once a week, before your practice session, select one player to be recognized by their team mates. Ask the players to say something positive about the player, such as their strengths, what they do well, on or off the field, what they like about the players personality etc.

The exercise encourages players to talk positively about each other and hopefully this translates onto the field and makes for a more positive team atmosphere. The player being recognized receives a huge confidence boost in the process.