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Trustworthiness

A LESSON PLAN FOR YOUTH TEAM COACHES

PUBLICATION AZ1367A
11/2005

ISSUED NOVEMBER, 2005

DARCY TESSMAN, M.A.
Assistant Agent, 4-H Development, Cochise County

JEANMARIE KEIM, PH.D.
Senior Lecturer, UA South

cals.arizona.edu/pubs/family/az1367a.pdf

This information has been reviewed by university faculty.

COOPERATIVE EXTENSION
THE UNIVERSITY OF ARIZONA
College of Agriculture and Life Sciences, P.O. Box 210036 • Tucson, Arizona 85721-0036

Trustworthiness

Everyone on the team should be honest and play with honor. Athletes can have reputations as trustworthy or for being dishonest or for cheating.

Game: Blindfolded Tag

Group size: 10-50

Time: 6 minutes; 1 minute to review rules and give out supplies, 3 minutes to play, 2 minutes to debrief participants and to put away supplies.

Supplies: blindfolds, soft throwables

Setting: Gym or field; Keeping the boundary small assures more action.

Goal: Build trust and teamwork.

Teach

- Establish boundaries of play.
- Split group into pairs. Have pairs stand next to each other but not touching. One member will be blindfolded (or keep eyes closed), while the other person will be the "eyes" of the pair.
- Give each pair one blindfold and one throwable.
- The sighted member can not touch any of the throwables. With instructions from the sighted member, the blindfolded partner throws/kicks, retrieves and tries to avoid being hit by items from the other pairs.
- Unlimited verbal instruction can be given by the sighted person, but they can not physically help the blindfolded person.
- Objective: Each pair is to work together to throw/kick an object and hit the blindfolded player of another team. Hitting a sighted person doesn't count. When a blindfolded person is hit, that blindfolded player then becomes sighted, and the sighted player puts on the blindfold.
- Debrief participants:
  - –Did you have to trust your teammate to be successful in the game?
  - –What events in this game made it hard to trust your teammate and how did you work through that?
  - –How is this game similar to the games we play as a team?

Enforce

- During practices and games, give praise to those athletes who are "trusting" their teammates and working together.
- At the end of practice today, have the team talk about when they saw trusting during practice, such as: assists, passes, blocks, and any other actions that foster team trust

Advocate

- Point out the benefits of trusting to your team. Teammates who trust each other and cooperate achieve more.
- Communicate with parents about when you saw their child demonstrate trusting behaviors.

Model

- When setting up activities, drills or play, trust your team members to help.
- Tell players you trust them to set up for practice. Show your trust by letting them do it.
- Praise the player who trusts his/her teammates enough to try a new skill or to work on improving a skill

Activities to Build Trustworthiness

- Group Sit[b]: Everyone stands in a circle, facing the back of the person in front of them. Grasp the hips of the person in front of you and gently sit on the person's knees behind you. Once seated, you can wave, give back rubs or try a coordinated caterpillar walk.
- Front Lean[b]: In pairs, face-to-face, arms straight up, clench hands. One at a time, take steps back and slowly see how far you can go, trusting and leaning.
- Debrief Participants:
  - – Why is trust important?
  - – What are some examples of trustworthiness between team members?

The 6 Pillars Of Character[a]

TRUSTWORTHINESS: Be honest. Don't deceive, cheat or steal. Be reliable–do what you say you'll do. Have the courage to do the right thing. Build a good reputation. Be loyal–stand by your family, friends, team, and country.

RESPECT: Treat others with respect; follow the Golden Rule. Be tolerant of differences. Use good manners and sportsmanship, not bad language or "trash talk." Be considerate of the feelings of others. Don't threaten, hit or hurt anyone. Deal peacefully with anger, insults and disagreements.

RESPONSIBILITY: Do what you are supposed to do. Persevere: keep on trying! Always do your best. Use self-control. Be self-disciplined. Think before you act. Consider the consequences. Be accountable for your choices.

FAIRNESS: Play by the rules. Take turns and share. Be open-minded; listen to others. Don't take advantage of others. Don't blame others carelessly

CARING: Be kind. Be compassionate and show you care. Express gratitude; thank coaches and officials. Forgive others. Help people in need.

CITIZENSHIP: Do your share to make your school and community better. Cooperate. Stay informed; vote. Be a good teammate. Obey laws and rules. Respect authority.

Thoughts for the Day

"How many times do you get to lie before you are a liar?" Michael Josephson, 20-21st century American Ethicist

"A good coach will make his players see what they can be rather than what they are." Ara Parseghian

"Teamwork is the fuel that allows common people to produce uncommon results." Unknown

"The only way you can truly control how you are seen is being honest all the time." Tom Hanks

a. Nish, S.(ed.) (2001). Good Ideas to Help Young People Develop Good Character (3rd ed). Ca: Joseph and Edna Josephson Institute of Ethics.

b. Fark, J.V. Together Everyone Achieves More: Challenge Adventure Initiatives. Ohio: Marion County Extension Agent.

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, James A. Christenson, Director, Cooperative Extension, College of Agriculture, The University of Arizona.

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