

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

**JEANMARIE KEIM, Ph.D**  
*Senior Lecturer,  
UA South*

[cals.arizona.edu/  
pubs/family/  
az1367c.pdf](http://cals.arizona.edu/pubs/family/az1367c.pdf)

This information  
has been reviewed by  
university faculty.

# Responsibility

## A LESSON PLAN FOR YOUTH TEAM COACHES

PUBLICATION AZ1367C  
11/2005

### Responsibility

Everyone on a team has a job. Some play offensive, some defensive, some are second string, but all are important to the goal of playing the game to the best of their ability. Try this game to see the different "jobs." What is each person's responsibility?

Game: Kangaroo Hunt<sup>b</sup>

Group size: 10-50

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

Supplies: Two hoops

Setting: Gym or field

Goal: Build a sense of responsibility.

### Teach

- Establish finish line
- Divide group into two teams and form two lines.
- Give each team one hoop.
- The first person "kangaroo" hops out any distance toward the finish line.
- The second person must "hoop" the first person in order for the entire team to move to the spot where the first person is.
- The first person "kangaroo" goes to the end of the line and the thrower becomes the "kangaroo."
- Repeat until a team reaches the finish line.
- Objective: Be the first team to reach the finish line.
- Debrief participants: Discuss how each person had to be responsible to the team by going a distance that the hoop could reach, but far enough to make progress toward the finish line.

### Enforce

- While the youth are practicing, compliment those who are:
  - following directions,

- demonstrating responsibility by being in the correct place on the field or court.
- meeting the team's expectations.

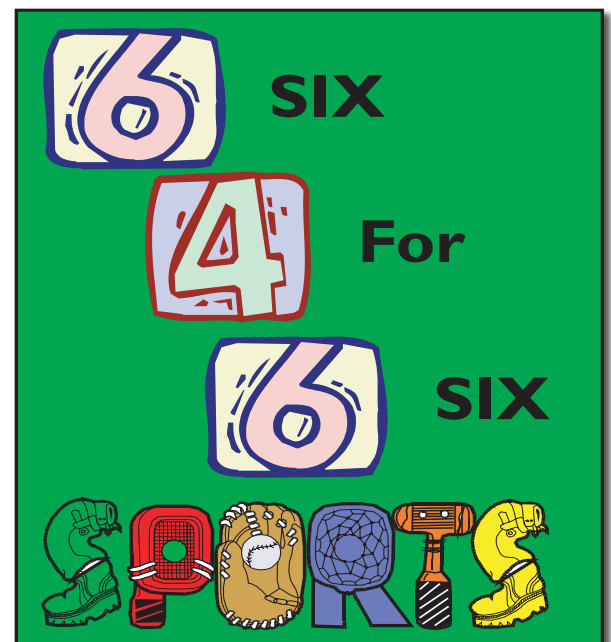
- When setting up practices and game schedules, communicate to the team that they are responsible for arranging rides, giving their schedule to their parents, being on time

### Advocate

- Point out that teams work best when everyone does their job. One player cannot accomplish all of the tasks for the whole team. Each player has a job and others depend on him/her to do that job. When everyone does their job, the group functions as a true team.
- Communicate with parents about when you saw their child demonstrate responsibility.

### Model

- Demonstrate your responsibility by being on time for practice and games, and bringing necessary equipment.
- When you make a mistake, tell the youth you are taking responsibility for your actions.



## Activities to Build Responsibility

- 3 on 1 tag
- Divide into groups of four. Three of the group members form a circle by joining hands. The member outside the circle is “it.” The “it” person chooses one of the individuals from the circle they will tag. The other two participants in the circle protect the “tagee” from the “it” person. When tagged, you switch places with the “it” person and choose a new person to be tagged.
- Debrief participants:
  - What were the “jobs” of each participant?
  - What is it like to be responsible for someone else’s well-being?

## The 6 Pillars Of Character<sup>a</sup>

**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

“Hold yourself responsible for a higher standard than anybody else expects of you. Never excuse yourself.”  
Henry Ward Beecher, the brother of Harriet Beecher Stowe

“Excellence is not a singular act but a habit. You are what you do repeatedly.” Shaquille O’Neal

“I can accept failure. Everyone fails at something. But I can’t accept not trying.” Michael Jordan

“Sportsmanship for me is when a guy walks off the court and you really can’t tell whether he won or lost, when he carries himself with pride either way.” Jim Courier

- 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. Beedy, J.P. Sports Plus: Developing Youth Sports Programs that Teach Positive Values. Beverly MA: Project Adventure.

---

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.

The University of Arizona College of Agriculture is an equal opportunity employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to sex, race, religion, color, national origin, age, Vietnam Era Veteran’s status, or disability.

Any products, services, or organizations that are mentioned, shown, or indirectly implied in this publication do not imply endorsement by The University of Arizona.