



WRITING A TEAM PLEDGE

1. Use the beginning of a session early in the season to agree some team rules. Discuss with the team what commitment means to them and what they expect of each other.
2. Ask them to come back in the next session with the 5 most important rules to them and one of their own.
3. Finally, at the next session go through each rule and if more than 60% of the team agree include it.
4. Finally, display it somewhere and ask team members (including you!) to commit by signing in their own time if/when they feel it is appropriate

Team Pledge	Tick
1. Respect the game and its rules	
2. Be 5 minutes early to practice and competition meet	
3. If you can't practise, phone - you should turn up even when injured.	
4. Turn up to game with correct gear.	
5. Set yourself measurable goals e.g. speed of take-off; rate of turnover, make sure these are realistic!	
6. Be prepared to accept criticism and recognise it can help you improve.	
7. Don't shout about what you are going to do before the match.	



8. Respect the officials. Even if you disagree with their decision, they are there for your benefit and deserve your respect.	
9. Congratulate team mates on good play while game is in progress -be positive only.	
10. Don't brood on mistakes once they are over.	
11. Beware of developing the losers limp i.e. getting 'injured' after making a mistake or in a heavy defeat.	
12. Ignore any inappropriate remarks made by spectators or the other team.	
13. Listen to all advice but don't accept it all.	
14. Appreciate the efforts of your team mates, parents and supporters.	
15. Try to learn from everyone, even if you learn what not to do.	
16. Personalise Your Own Here	