

Be A Spark!

Sometimes all a team needs to get through a tough moment or rise to an occasion is a player to step up and add a spark of encouragement. In this podcast a quiet player steps up and makes a speech during a time out which completely changes the vibe of the team which led them to victory.

The problem is too many players are afraid or embarrassed to speak out or step into the spotlight. One way that I have found to help *create leaders* is through the following journal exercise:

STEP 1: Have a team talk about leadership and let the players know **everyone is leading something**. Some may lead the kills, or some may lead the blocks. Others may lead the cheers or the high fives. But sadly, some may be leading the sad faces or the bad body language club or even the poor attendance crew! But the TRUTH is: **everyone is leading something**.

STEP 2: Assign a 3 paragraph journal entry like this:

1) Write in your journal about what it is that you are leading. Be honest and examine yourself and decide what it is that you are leading.

2) Write a second paragraph about what type of leadership this team needs right now.

3) Write a paragraph about what you can COMMIT to do and lead in a new area.