



Relationships with Teammates

What are some characteristics of a good teammate?

Being a good teammate demands more than athletic excellence. In fact, some of the best team players aren't the best players on the court or field; instead team players are usually efficient at other parts of the game. Those aspects of the game have more to do with character, and being willing to put the team first, which is essential for being a good teammate and being a successful team.

Here are some of the characteristics needed for being good teammate:

Vocal/Communication

Communication is one of the most unsung characteristics in team sports. Yet, it becomes most apparent when the losses start piling up. Players that aren't vocal and don't speak to their teammates will never have a chance to build a fluid team chemistry. Being on the same page on the court or field means letting teammates know what you plan on doing and listening to what others plan on doing.

Honesty

Constructive criticism is an absolute must in any team sport. Teammates shouldn't be afraid of bringing up the mistakes of others. In doing so, a team can sort out their flaws and realize what they need to practice on a team level and individual level. Honesty also helps build camaraderie as teammates can then turn their criticism into much needed encouragement.

Trust

It's easy to see on the playing field or court when teammates don't trust each other. Instead of staying in position, they are moving all over trying to do too much because they don't think their teammate will. This causes teams to play in erratic patterns and will hurt them overall. Teammates need to trust each other, which will allow them to play as one instead of as many.

Compassion

Every athlete will go through trials in their playing careers from slumps to injuries. Good teammates understand this and are ready to offer their compassion rather than their disappointment. Rarely will you find a championship team that didn't get along. The fact is that

good teammates make great teams, all with a little character.

Remain Positive & Maintain Control

Universally, good teammates are those people who remain positive. They remain positive about themselves, and positive about their teammates. They quickly “brush off” mistakes by themselves and others and focus on the next play, the next opportunity, and the next game. They also maintain control, keeping their cool in difficult situations and not allowing their emotions to overtake the task at hand.

Cheer

Teammates cheer for each other. Cheering for your teammates is a sign that you support them – that you have their back. Particularly when you are going through a slump, it’s important to know – and hear – that your teammates are still behind you and believe in you.

Take responsibility

When things aren’t going well or when they get tough, it’s sometimes easy to blame mistakes on others, it’s human nature. It’s hard to resist the temptation to blame others. But good teammates take responsibility for themselves and their actions – good and bad.