



WIN THE DAY

# PILLARS OF TEAM TRUST AND COHESION

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## **Open & honest communication**

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## **A supportive and positive team culture**

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## **Leading by example**

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## **Clear roles and responsibilities among team members**

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## **Having shared team goals and values**

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## **Celebrating team members' hard work and successes**

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### Reflection Questions:

What might it look like when trust starts to break down on a team?

What small action can you commit to (during practice, competition, or off the field) to play a part in keeping the foundation of trust on your team strong and stable?