



Episode 172

Why Team Rituals Matter

Links

[iTunes](#)
[Google](#)

[Spotify](#)
[Soundcloud](#)

[Youtube](#)

The Playing Time Culture System Online Course: buff.ly/2L8lrQM
Save with **Coupon Code**: COACHINGCULTURE

Schedule a call with **J.P. or Nate** to discuss how we can support you!
thriveonchallenge.com/schedule-a-call/

Episode Notes

- **Michael Notron's talk on rituals:**
 - Ritual - all the things we do that aren't the thing itself
 - When groups do rituals together they have powerful effects on our thoughts, feelings, and behaviors
 - Experiment
 - Study group performance completing tasks between one group that was told to get to know each other vs. a group that was told to do a ritual together
 - The group that did the ritual performed better than the group that didn't
- **JPs reservations on rituals:**
 - Has been more of a ritual remover than a ritual adder to this point
 - When he tried to add rituals, they didn't gain traction
- **Developing rituals:**
 - There are often rituals teams have that weren't built intentionally
 - There are opportunities to develop rituals that are aligned with the values of your team/program



- **Nate's teams rituals:**
 - His team began playing the same 3 songs prior to him delivering his pregame talk to his team
 - "Here's what's most important tonight... "
 - Play as hard as we can
 - Celebrate each other
 - Go do what we do and whatever happens, happens
 - Team would go back into the locker room at 8:00 mark of warmups, huddle up, pass around their favorite packs of gum, then everyone would shout out their one culture word that they were committed to bringing that night
 - Team would lock arms right before tip-off and do a chant together
- **Why the rituals matter:**
 - They had a very deliberate process they went through that allowed them to psychologically shift their mind into a performance mindset
- **State championship example:**
 - Team had a rough first half and was shaken at halftime
 - Nate suggested that they reset and play their 3 songs that they usually did before the game
 - Allowed them to rest and they went out and played a great second half and had a chance to win the game
- **What's the value of having the rituals:**
 - Anectobally, Nate could see the way it impacted his team
 - Comforting to players because it's familiar and collective
 - Reminded players of who they were and what they did
 - The rituals were a unifying experience for his team
 - Ritualize to actualize
 - Bringing the values of your program to life



- **The why behind rituals:**
 - Connect your rituals back to story and purpose that tells the story of your team/program
 - New Zealand All Blacks
 - Their rituals are powerful because they are accompanied by the stories they've passed down for years!
 - The meaning and value is connected to the ritual
- **The quick set:**
 - A very focused, intentional drill that is there to establish the standard of behavior expected from the team prior to practice or the game
 - It helps make it clear what kind of team you want to be during practice or the game
 - It's not WHAT you're doing, it's HOW you're do those drills
- **Examples of small behaviors and rituals:**
 - A player acknowledges every player on the bench when they come out of the game
 - Explain WHY
 - Joe Ehrmann at Gilman - see *InsideOut Coaching*
 - The night before the seniors last game the seniors go down to the field and just have a moment to say goodbye to their career
 - The rest of the team surrounds the field and just watches
- **Determining the rituals you use:**
 - You need to tailor it to your program and the story you are telling
 - Communicate the underlying purpose behind all your rituals
 - The key is being intentional with whatever you add or subtract
 - Talk about the symbolic meaning behind the things we do as a group