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## **TEAM BUILDING FOR SUCCESS**

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## TEAM BUILDING FOR SUCCESS

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10 time State Champions

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Mental Training Coach  
Duke University

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Former Head Volleyball Coach,  
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6 time State Champions  
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# TEAM BUILDING FOR SUCCESS

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## Support Services

Drake University Continuing Education  
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**Directed by**

Tony Leisen

**Editor & DVD Authoring**

Dustin McDonough

“The ratio of We’s to I’s is the best indicator of the development of a team.”

-- Lewis B. Ergen

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## PREFACE

On behalf of Drake University Continuing Education and Professional Development and Championship Productions, I am pleased to present our distance learning course: "Team Building for Success" (EDMA 177). This one hour graduate credit course is a part of our **REAL COACHING** series for teachers who coach and coaches who teach.

This course has been designed to assist coaches in developing strategies to foster teamwork through teambuilding exercises and goal setting strategies. Course materials will guide coaches to explore the importance and the benefits of team building and goal setting in team sports as well as provide them with resources to guide their teams through these processes.

I know you will be pleased with the information provided on the DVD's and in the text. As you view, discuss, review and respond to the ideas and activities in this course, be encouraged by the team "behind the scenes". Drake University and Championship Productions believe that we are making a national impact on the preparation and re-education of America's coaches. If you are pleased with this class, please tell your friends. If not, please tell me!

Thank you for your enrollment at Drake University!

**Chuck Sengstock, Director**  
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## EDMA 177

# TEAM BUILDING FOR SUCCESS

**A course designed to assist coaches in developing effective team building skills by examining how some of the top coaches in the profession build effective and cohesive teams.**

**One Semester Hour of Graduate Credit**

**Course Materials:**

**1 Study Guide (pdf)**

**1 MS Word Document  
with Answer Pages for Word Processing**

**2 DVDs**

**1 Text Book  
*Championship Team Building*, Jeff Janssen**



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**“Set aside your dreams for your children, and help them attain their own dreams”**

**--Author Unknown**

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*"Sports and other forms of vigorous physical activity provide educational experience which cannot be duplicated in the classroom. They are an uncompromising laboratory in which we must think and act quickly and efficiently under pressure and then force us to meet our own inadequacies face to face -- and to do something about them -- as nothing else does. In any athletic activity we are thrown upon our own resources to succeed in the face of a strong and immediate challenge. Sports resembles life in capsule form and the participant quickly learns that his/her performance depends upon the development of strength, stamina, self-discipline and a sure and steady judgment."*

- Supreme Court Justice Byron "Whizzer" White -  
University of Colorado '38

## DISCLAIMERS

The **TEAM BUILDING FOR SUCCESS** video course has been prepared with the goal of enhancing the effectiveness of all sports professionals. However, individual circumstances vary and Drake University and/or Championship Productions cannot guarantee the effectiveness of the instructions and advice contained in the **TEAM BUILDING FOR SUCCESS** video course under all circumstances. There are no express or implied warranties, and no warranties of merchantability.

The instructions and advice presented are not intended as a substitute for medical advice. To reduce the risk of injury, consult with a physician before attempting to use the methods of treatment portrayed.

Drake University and/or Championship Productions, its employees and agents cannot be held liable for any injuries or damages resulting from application or misapplication of the instructions or advice contained in the **TEAM BUILDING FOR SUCCESS** video course, even if those injuries or damages result from the negligence, misrepresentation or fault of Drake University and/or Championship Productions, its employees or agents.



## Drake University Distance Learning

Drake University's Division of Distance Learning, part of the School of Education, Continuing Education and Professional Development, provides educational outreach to K-12 educators. Drake's Distance Learning Department offers video and online courses designed for coaches who teach and teachers who coach. They are:

### Video Courses

- Theory of Coaching - EDMA 171
- Ethics in Sports - EDMA 172
- The Teaching Coach - EDMA 173
- Adapted Physical Education - EDMA 174
- Parent-Athlete-Coach Alliance - EDMA 175
- Step Up and Lead – EDMA 176
- Team Building for Success – EDMA 177
- Relevant Elementary Physical Education – EDMA 272
- Real Coaching II: Honing the Competitive Edge – EDMA 277
- Rev Up the Revolution: Your Middle School PE Game Plan – EDMA 278

### Online Courses

<https://www.drake.edu/cepd/distance/athleticcoachingcourses/onlinecoachingcourses/>

Your learning experience in the Distance Learning Division is enhanced with the professional support of evaluators who have been trained in course assessment and in current related issues. We offer telephone and online support for any questions you may have regarding the completion of your course work.

Drake University School of Education  
Continuing Education and Professional Development  
Distance Learning  
3206 University Avenue  
Des Moines, IA 50311  
1.800.76-TEACH (Toll free)  
<http://www.drake.edu/cepd/>

## **Championship Productions**

Every person at Championship Productions is directly tied to carrying out our mission, which is “helping individuals and teams achieve success and realize their fullest potential.” We carry out this mission by producing high-quality instructional products featuring renowned professionals in every sport and by providing the best customer service in the industry. The foundation of our mission is built on teamwork, personal improvement, a positive attitude, and a commitment to excellence.

Since 1976, Championship Productions has produced thousands of instructional DVDs, videos and books for coaches, athletes, and parents all over the world. The company has evolved over the years, from a single sport company, selling primarily books, to an internationally-recognized leader in producing the highest quality instructional products in over 20 sports and providing the top customer service of any company, in any industry, anywhere!

The Championship Productions Team  
Ames Community Development Park  
2730 Graham Street  
Ames, IA 50010  
1.800.873.2730 (Toll Free)  
1.515.232.3687 (International)  
1.515.232.3739 (Fax)  
[info@championshipproductions.com](mailto:info@championshipproductions.com)

## Welcome to “Team Building for Success” (EDMA 177)

Welcome to "Team Building for Success," a unique video course offered by Drake University Continuing Education and Professional Development. In partnership with Championship Productions, we're proud to offer you thoughtful and challenging presentations intended to help you strengthen your coaching and team-building skills. If you are a coach, an aspiring coach, or a former coach not currently assigned to a team, you will be able to adjust your homework lessons to fit your actual situation.

“Team Building for Success” is designed by professional educators to assist coaches in developing strategies that help develop effective team building skills. Course materials will guide you in identifying and expressing your individual coaching philosophies. You will be challenged to evaluate your own individual communication and motivational skills by examining how some of the top professionals build effective and cohesive teams.

We will look at many of the most effective team-building principles that have proven successful over the years. We will analyze some of the most successful systems and ideas that are currently being executed by many of the nation's most successful coaches. The course will be broken down into video segments and written assignments where you will be asked to evaluate a variety of topics presented. You will also be asked to reflect on your own personal experiences and beliefs.

This course combines videos with readings from Jeff Janssen's *Championship Team Building* to help you refine and strengthen your approach to coaching. You will be asked to apply the insights you gain to your own programs to help refine and sharpen your team-building techniques.

**Course Description** This course is designed to assist coaches in developing strategies to foster teamwork. Facilitator Tom Keating's course materials will help coaches to explore the importance and the benefits of team building and goal setting in team sports as well as provide them with resources to guide their teams through these processes.

**Presentation Responses** are the first series of questions in each module and they are based on the readings and video presentations. At the beginning of each module you will find a listing of the readings and video presentations upon which the “Presentation Response” questions will be based. These questions will require you to demonstrate the knowledge gained through the readings and DVDs.

**Application Exercises** are the second series of questions in each module and are based on applying ideas to your specific coaching circumstances. These questions will require you to apply the knowledge obtained in each module to your personal experience as a coach and to your planning for a successful program.

You are encouraged to follow this sequence in using course materials:

1. Read the instructions for each module in this Study Guide, noting the learning objectives and the related questions at the end of each module.
2. View the corresponding videos and read the assigned text readings (if applicable), taking detailed notes on each presentation.
3. Complete the corresponding assignments in the Study Guide.

**Evaluation Criteria** Your coursework will be evaluated based on your ability to accurately reflect on the presentations in "Team Building for Success," and to apply those concepts to your specific needs and resources. Points are awarded based on your ability to:

- **Respond with insight, clarity and precision (cite specific text/video passages)**
- **Respond in relevant illustrative detail (include specific, observable examples)**
- **Write competently at the graduate level (word-processed, proofread document)**

The seven modules for EDMA 177 "Team Building for Success" are worth a total of 338 points, based on your answers to the "Presentation Responses" and "Application Exercises" for each of the seven modules. Point values are listed at the beginning of each exercise.

Your final letter grade corresponds with the following percentages of total points earned:

|          |                      |
|----------|----------------------|
| <b>A</b> | <b>90 – 100%</b>     |
| <b>B</b> | <b>80 - 89%</b>      |
| <b>C</b> | <b>70 - 79%</b>      |
| <b>D</b> | <b>60 - 69%</b>      |
| <b>F</b> | <b>59% and lower</b> |

**Completion Procedures** The cover page along with the word-processed responses to the Presentation Responses and Application Exercises are the only portions of your coursework that you need to submit to Drake University for evaluation. **You may keep the textbook.**

**The DVDs must be returned to: Drake Distance Learning Fulfillment  
2730 Graham Street  
Ames, IA 50010**

**You are required to word process your coursework before it is submitted for final grading.** The MS Word document “**Course Study Guide Answer Pages**” is provided for your convenience in word processing. It contains the cover page and answer pages for the assignment questions.

Make sure to keep a copy of the final file submitted as a backup. We are not responsible for materials that do not reach our office.

**No printed coursework will be accepted for any reason.  
Your coursework must be submitted electronically.**

**PLEASE PROOFREAD ALL OF YOUR WORD-PROCESSED RESPONSES  
CAREFULLY BEFORE SUBMITTING!**

**Please follow the submission process outlined in the important information packet that you downloaded from your welcome email.**

**Course Evaluation** Please complete the online Course Evaluation after you have finished your coursework. The link is at the end of the MS Word document “**Course Study Guide Answer Pages**.” We value your input and will implement your suggestions in future offerings.

**If you have any questions please call our office at 1-800-768-3224**

## **EDMA 177 TEAM BUILDING FOR SUCCESS**

### **Text Book**

Janssen, Jeff (2002). *Championship Team Building*. Cary, North Carolina: Winning the Mental Game

### **Guide to Video Presentations**

#### **DISC ONE**

##### **COURSE INTRODUCTION**

##### **MODULE ONE - Overview of Team Building**

“Exploring Team Building” with Tom Keating

##### **MODULE TWO – No Video Presentation**

##### **MODULE THREE – Team Building Activities**

“Coaches Guide to Team Building: Volume II” with Greg Dale

##### **MODULE FOUR - View and Insights on Team Building**

“View and Insights on Team Building” with Barb Bakker and Teresa Kehe

#### **DISC TWO**

##### **MODULE FIVE - Overview of Goal Setting**

“Exploring Goal Setting” with Tom Keating

##### **MODULE SIX – Coach’s Guide to Goal Setting**

“Goal Setting for Success” with Greg Dale

##### **MODULE SEVEN – Views and Insights on Goal Setting**

“Views and Insights on Goal Setting” with Barb Bakker and Teresa Kehe

##### **COURSE CONCLUSION**

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## EDMA 177 TEAM BUILDING FOR SUCCESS

PLEASE use this sheet as a cover page for your completed  
Study Guide Assignments

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Last Name

First Name

Middle Initial

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Drake ID #

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Home Address

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City

State

Zip Code

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Coaching or Teaching Position Held/Grade Level

Years Taught

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Home Telephone

School Telephone

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E-mail address

I am enrolled in: Fall 20\_\_

Spring 20\_\_

Summer 20\_\_

E-version May 2015

[www.drake.edu/cepd](http://www.drake.edu/cepd)

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## **“TEAM BUILDING FOR SUCCESS” TOM KEATING**

### **MODULE ONE – OVERVIEW OF TEAM BUILDING**

**Initial Reflections:** What is team building? Why is it important? What are the important elements? What are the gender considerations? How can a coach implement team building strategies?

**Readings:** None

**Video Segment:** DVD 1 - “Exploring Team Building” with Tom Keating

**Learning Objectives:** To provide an overview for the elements of team building; to identify the value of team building; to explore how team building strategies may vary by gender; to identify important team building strategies.

**Responses to Video Presentation and Readings/Application of Ideas:** Use the MS Word document “Course Study Guide Answer Pages” provided for your convenience in word processing.







## MODULE TWO – CHAMPIONSHIP TEAM BUILDING

**Initial Reflections:** How does team building benefit your team? What are the characteristics of a championship team? How do we get players and teams to commit to a common goal? How do we identify roles and motivate athletes to accept their roles? How important is communication in the team building process? How do we keep conflict under control? How do we promote team cohesion?

**Reading:** *Championship Team Building*. Janssen, Jeff, M.S.

**Video Segment:** None

**Learning Objectives:** To examine the importance of team building; to explore the characteristics of successful teams; to develop and practice strategies designed to improve team chemistry.

**Responses to Video Presentation and Readings/Application of Ideas:** Use the MS Word document “Course Study Guide Answer Pages” provided for your convenience in word processing.























## MODULE THREE – TEAM BUILDING ACTIVITIES

**Initial Reflections:** How can we motivate players to value being part of a team? How can we encourage players to accept their roles? How can we promote team unity? What activities can be used to promote team building? In what ways can such activities be used to help teams prepare for the issues and challenges a team may encounter throughout the season?

**Readings:** *Championship Team Building*. Janssen, Jeff, M.S.

**Video Segment:** DVD 1 - “Coach’s Guide to Team Building: Volume II”  
with Greg Dale.

**Learning Objectives:** To explore the characteristics of successful teams; to identify team factors which influence team unity; to learn team building activities to use in each of the team building stages.

**Responses to Video Presentation and Readings/Application of Ideas:** Use the MS Word document “Course Study Guide Answer Pages” provided for your convenience in word processing.

# Presentation Responses and Application Exercises

## MODULE THREE (28 points)

### Responses to Video Presentation

A) Describe the six team factors, identified by Greg Dale, which affect team unity.  
(6 pts.)

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B) How does your coaching/leadership style help or hinder your team's sense of team unity? (2 pts.)

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C) What is your vision for your team/program? (2 pts.)

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## MODULE FOUR – VIEWS AND INSIGHTS ON TEAM BUILDING

**Initial Reflections:** How do high school coaches view the issues of team building? What do coaches see as the important characteristics of team building? What challenges to coaches see in team building? What activities do successful coaches use to promote team unity?

**Readings:** None

**Video Segment:** DVD 1 - “Views and Insights on Team Building”  
with Barb Bakker and Teresa Kehe

**Learning Objectives:** To provide a variety of perspectives regarding team building; to better understand the importance that coaches place on team building; to identify the challenges that coaches face in developing team unity; to identify strategies coaches use to meet those challenges.

**Responses to Video Presentation and Readings/Application of Ideas:** Use the MS Word document “Course Study Guide Answer Pages” provided for your convenience in word processing.





## MODULE FIVE – OVERVIEW OF GOAL SETTING

**Initial Reflections:** In what way is goal setting important? What are the important characteristics of goal setting? What types of goals are needed to maximize a team's potential? How can a coach's own goals lead to team success?

**Readings:** None

**Video Segment:** DVD 2 - "Exploring Goal Setting" with Tom Keating

**Learning Objectives:** To provide an overview for the elements of goal setting; to identify the value of goal setting; to explore how a variety of goal setting strategies can lead to success; to identify goal setting strategies.

**Responses to Video Presentation and Readings/Application of Ideas:** Use the MS Word document "Course Study Guide Answer Pages" provided for your convenience in word processing.





## MODULE SIX – COACH’S GUIDE TO GOAL SETTING

**Initial Reflections:** What should a coach consider when setting goals for him/herself? How can coaches lead a team through the goal setting process? What are the important elements of goal setting?

**Readings:** None

**Video Segment:** DVD 2 - “Goal Setting for Success: The Coach’s Guide”  
with Greg Dale.

**Learning Objectives:** To explore the importance of goal setting for the coach; to understand the season long goal setting process.

**Responses to Video Presentation and Readings/Application of Ideas:** Use the MS Word document “Course Study Guide Answer Pages” provided for your convenience in word processing.







## MODULE SEVEN – COACH’S VIEWS AND INSIGHTS ON GOAL SETTING

**Initial Reflections:** How do coaches teach players about goal setting? How do coaches find time to lead teams through goal setting? How important is it to set non-sport goals? How can coaches tell if goals have been met?

**Readings:** None

**Video Segment:** DVD 2 - “Views and Insights on Goal Setting”  
with Barb Bakker and Teresa Kehe  
(Perspectives of high school coaches)

**Learning Objectives:** To learn strategies for making goal setting a scheduled part of the season; to learn the process of teaching athletes about the goal setting process.

**Responses to Video Presentation and Readings/Application of Ideas:** Use the MS Word document “Course Study Guide Answer Pages” provided for your convenience in word processing.





## COURSE EVALUATION

Please click on this link, [http://drake.qualtrics.com/SE/?SID=SV\\_9NU7ir8noyMxjZb](http://drake.qualtrics.com/SE/?SID=SV_9NU7ir8noyMxjZb) to complete the online Course Evaluation for:

### **EDMA 177 Team Building for Success**

We value your opinion and will use your comments in future offerings. Thank you!

*Note: If clicking on this link does not open your browser and take you to the survey, copy and paste the URL into the address bar of your browser. If you are using Internet Explorer and the link does not work, please try a different browser.*

### **Completion Procedure**

The cover page along with the word-processed responses on the answer pages to the assignments are the only portions of your coursework that you need to submit to Drake University for evaluation.

Please use the "Important Information" packet that you downloaded from the welcome email for the checklist to complete your submission.

**The book is yours to keep.**

### **The DVD's must be returned to:**

Drake Distance Learning Fulfillment  
2730 Graham Street  
Ames, IA 50010.