

**Blue Collar Grit**[www.bluecollargrit.com](http://www.bluecollargrit.com)

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**Team Building**

# Action Between the Action

**Self-Awareness - 15 min****The Obstacle**

- Lack of focus
- Concern with what others think
- Distracted by peripheral happenings
- Inability to stay present
- Lack of mindfulness
- Negative attitudes & body language

**The Delivery**

Discussion &amp; Reflection

**The Way**

Introduction

- You play 38 min of a 40 min game and make 2 of 11 shots from the field. Your team is winning and playing well throughout the game, but because of your personal performance you begin pouting and not engaging with teammates as the game progresses. In the locker room after the game you don't talk to teammates or take part in the post game celebration.

Lesson

- How many minutes did you play?
- How many shots did you take?
- How long does it take to shoot a shot?
  - About 1 sec
- Do you see how you let 9 seconds affect the other 37 min and 51 sec?
- What can we do to keep ourselves and our teammates focused on the positives?

**The Follow-up**

1. Discuss how this applies outside of sports - how a rude comment derails our day, how a bad sales call causes six other bad calls, or how a brief interaction with your family leads to hours of frustration.