



ENGAGEMENT BLUEPRINT

A CHECKLIST FOR BUILDING AND GROWING
A SUCCESSFUL TEAM ON AND OFF THE COURT



50 Plus Engagement Activities (Covid Edition)

(Building and Growing a Basketball Team On and Off the Court)

Team Competitions

- We break the team into groups of 3-4 players
- Each group has a team “leader”
- The teams get points for each member that does a specific activity
(Bonus points when everyone does it)
- Leaderboard
- Reward / prize for winning teams
- Choose the activities

Athlete Engagement

- We set up our athletes in [Google Classroom](#) or [Schoology](#)
- Need a central method of communication ([Remind](#), Snapchat, text, email)
- Tracking and leaderboard
- Communication is the key to your athlete’s engagement



Physical

It is important for the athletes to get their bodies moving.

1. Team Yoga

- Zoom or in person

2. Push-up challenge

- How long it takes to do 50 push ups
- Record and share
- Other physical activities (jumping jacks, running, etc.)

3. Make a workout for a teammate

- Make a workout for a teammate
- Record and share
- Get input from that teammate

4. Make and videotape a 15-minute basketball dribbling workout

- Work on a specific skill

5. Nutrition Track for a week

- Have them track what they eat
- Discuss proper nutrition as a group
- Read an article on [Nutrition](#), [Eating for Sports](#), [Tips](#), [Pre-Game](#)



Mental

Both the physical and mental part of the player are so important for developing the well-round athlete

6. Visualization Activity

- Pre-Game
- Relaxing
- Meditation

7. Learn a new skill

- Drawn from a hat
- Random skills chosen by coaches

8. Share one new skill or something you have learned in the last month

- Random or chosen by the coach

9. Find and share an inspirational story

- It can be a video or article

10. Teach your team a new skill

- Find a skill and teach it to the team
- Basketball or non-basketball related
- Bonus points for this activity



11. Pick the weekly theme

- Explain why you picked it

12. Game Scenarios

- Find videos and clips and have the athlete tell how they would play it out

13. Real Life Scenarios

- Discuss life situations and have them come up with a solution
- Example: End up at a party and then alcohol appears what do you do?

Humorous

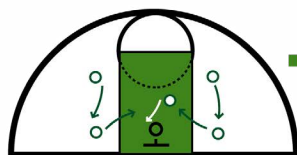
We must all laugh in both easy and difficult times.

14. Each player makes a basketball related TikTok

- Have a team watch party

15. Each player makes a holiday song or rap

- Have a team watch party
- American Idol style



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16. Share a funny GIF

- Basketball related or non-basketball
- Team votes for funniest

17. A video of you juggling

- Something that's hard for them

18. Baby picture challenge

- Everyone turns in a baby picture
- Coaches put together slide show
- Team activity

Gratitude

Teach that leaders not only worry about themselves but others.

19. Write a letter of appreciation to one of your teachers

- Share with the coach
- Coaches can share with parents at the end of year banquet

20. Reach out to a friend from elementary school

- Check in and make a connection



21. Do a chore that you do not normally in your house
 - Bonus points for more than one day
22. Do something for an elderly neighbor
 - Cook and take them dinner
 - Shovel their driveway or mow their lawn
23. Write a thank-you note to your parents
 - Turn into coach
 - Give to parents at the end of the year

Basketball

(The lessons that will hopefully help when they return to the basketball court)

24. Watch a game from last year and scout the opponent
 - Pick that rival or difficult team you might have to play this season
25. Team motto bracket (Attached)
 - 64 Words that describe a winning team
 - NCAA bracket
 - Players vote for winning word
26. Learn a basketball skill and teach your teammates
 - Videotape and share



27. Share a defining moment in your basketball career
 - Write about a particular basketball moment that shape
28. Find the best basketball movie of all time
 - Vote on a winner
 - [Watch together](#)
29. Draw up a new out of bounds play or offense
 - Find or make up a play
30. Make a video to share with future players
 - What have you learned as a basketball player
 - What do you wish you had known?

Competitive

We can always teach our players to be competitive and tough.

31. Do a fantasy basketball league
 - Team and individual standings
32. Trivia competition
 - Team and individual standing



33. Virtual scavenger hunt

- Some sample snapshots for your team to take during a scavenger hunt might include:
 - A home selfie (bonus points if you include your pet!)
 - An item from your school workplace at home (and the story behind it)
 - A shot of your lunch, or afternoon snack
 - You can also do scavenger hunts that require scouring the web for items, such as:
 - A GIF from your favorite movie
 - A Photo of place you want to visit

34. Team Pictionary

- Play [Pictionary](#) or [Charades](#)

35. [Kahoot](#) Competition

- Pre made
- Team or player made

36. Players make a challenge for the team

- Team votes on new challenge

37. NBA 2k or Madden tournament

- Team and individual scores



Creative

This is a non-utilized part of the well-rounded athlete.

38. Make a basketball movie/tv show
 - Have them make their own movie
 - Team showing

39. Read a basketball book
 - Each Group reads a specific book
 - Shares with group for bonus points

40. Tape yourself doing a basketball workout
 - Make your own workout
 - Tape and share with coaches
 - Team does the top one

41. Shooting Competition
 - Everyone one does a specific workout
 - Players tape it and share with coach

42. Goal Setting Activity
 - Coach run activity
 - Attached activity



43. Draw a picture of the gym
- It can be the gym in which you play
 - Classroom they enjoy

44. Write a letter to yourself (5 years from now)
- The coaches can keep and mail to them in 5 years
 - You can also do a write a letter to your 50-year-old self and give to the parent

Weekly Movements

45. Motivational Monday
- Find 3 motivational videos and articles
 - Share with group and team

46. Toughness Tuesday
- Do one tough task
 - Clear driveway in winter and take shots
 - Go for a 2-mile run
 - Etc.



47. Workout Wednesday

- Team workout
- Group gets together and does a virtual workout

48. Thankful Thursday

- Journal and write things you are thankful
- Share with coaches

49. Flexible Friday

- Work on Flexibility
- Team Yoga

50. Separation Saturday

- Do one thing that is going to separate you from your opponent
- Get better or bitter

51. Study Sunday

- Pick one school class
- Contact the teacher
- Do extra work



Bonus Ideas

- Play online [Taboo](#)
- Play tower building Game [ZOMBS](#)
- Share a motivational quote
- Bake something for a neighbor and drop it off at their house
- Pick a motivational video, have the players watch it and share what they have learned

Bonus Ice Breakers

- What is your favorite brand of basketball?
- If you could only wear one basketball shoe what would it be?
- If you could go to one sporting event for free what would it be?
- What is your favorite pre-game meal?
- What is one thing you do to relax?
- Who is best player of all time
- What is the best game you have seen?





SHORT-TERM GOAL SETTING

→ *Make these S.M.A.R.T. goals (Smart, Measurable, Achievable, Realistic)*

→ *Pick 2 – 4 of the below areas to focus on this week.*

Nutrition *(i.e. eat protein at breakfast, before bed, healthy snacks, water intake)*

Sleep *(i.e. put phone down 20 min. before bed, in bed by certain time)*

Goal review *(i.e. look at goals every morning, talk to coach about goals)*

Emotions *(i.e. relax, don't retaliate, use catch phrase)*

Teamwork *(i.e. take on some leadership, first on the ice, organize team lunch)*

Fitness *(i.e. ice bath 10 minutes after hard practices, foam roll after practice)*

Skills *(i.e. extra stickhandling, shoot 50 shoots 2x/week)*

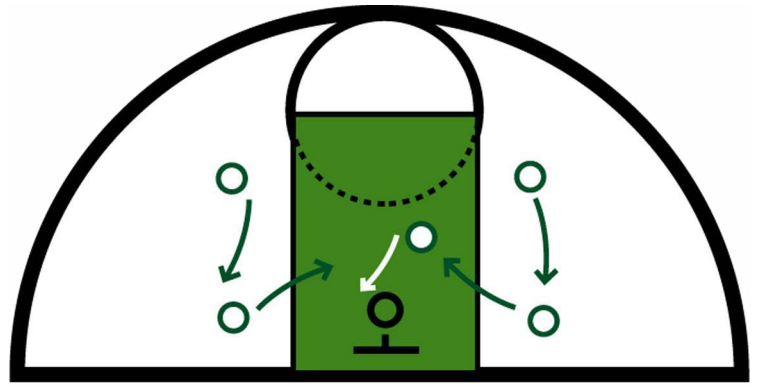
Meditation/Breath Work *(i.e. use breathe app on watch, calm app, take 5 minutes to sit still)*

Time Management *(i.e. schedule bedtime, 5 minutes earlier to eat breakfast, homework done at school in class)*

SHORT-TERM GOAL SETTING

- Make these S.M.A.R.T. goals (see goal setting).
- Set 2-3 small goals for the week. Below are some ideas.

- Nutrition** (i.e. eat protein at breakfast)
- Breathwork** (i.e. wake up 5 minutes earlier to do)
- Sleep** (i.e. read a book for 20 minutes before sleep)
- Goal review** (i.e. look over in the morning before I leave)
- Emotions** (i.e. relax)
- Teamwork** (i.e. take on some leadership)
- Fitness** (i.e. ice bath 10 minutes after hard practices)
- Skills** (i.e. extra stickhandling, shooting)
- Time Management**
- School Work**

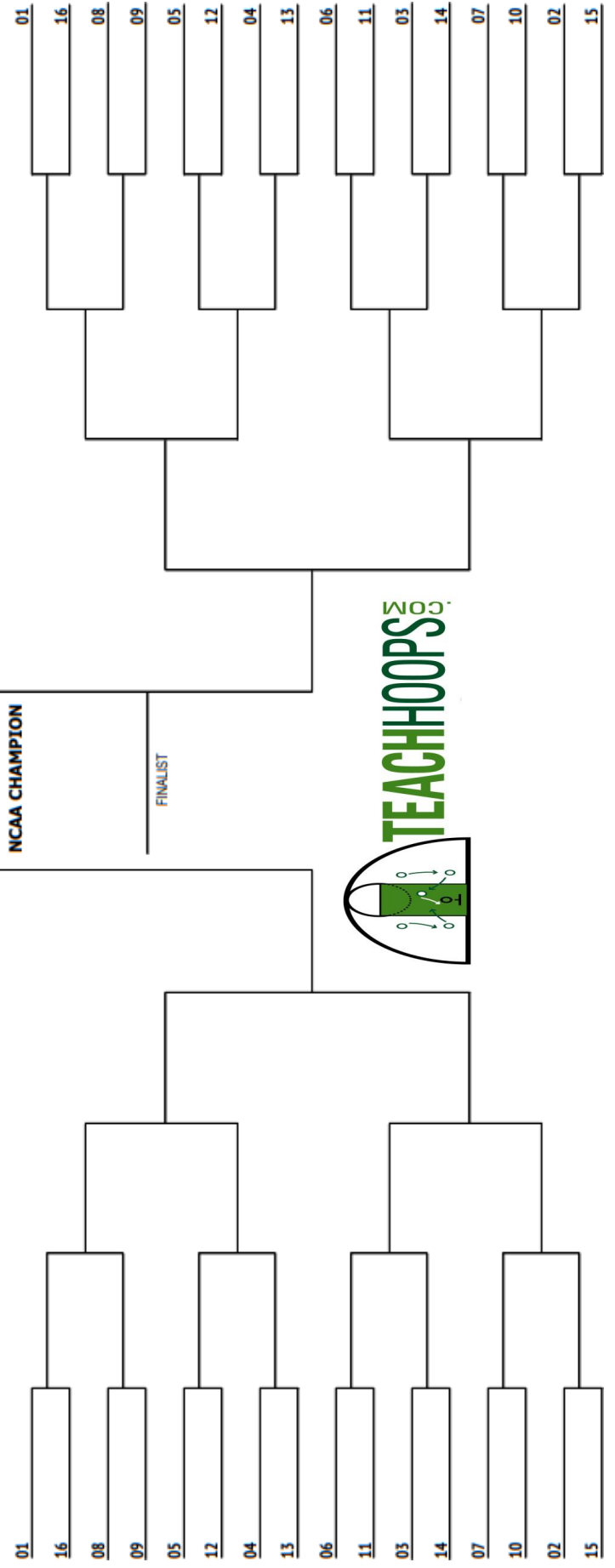
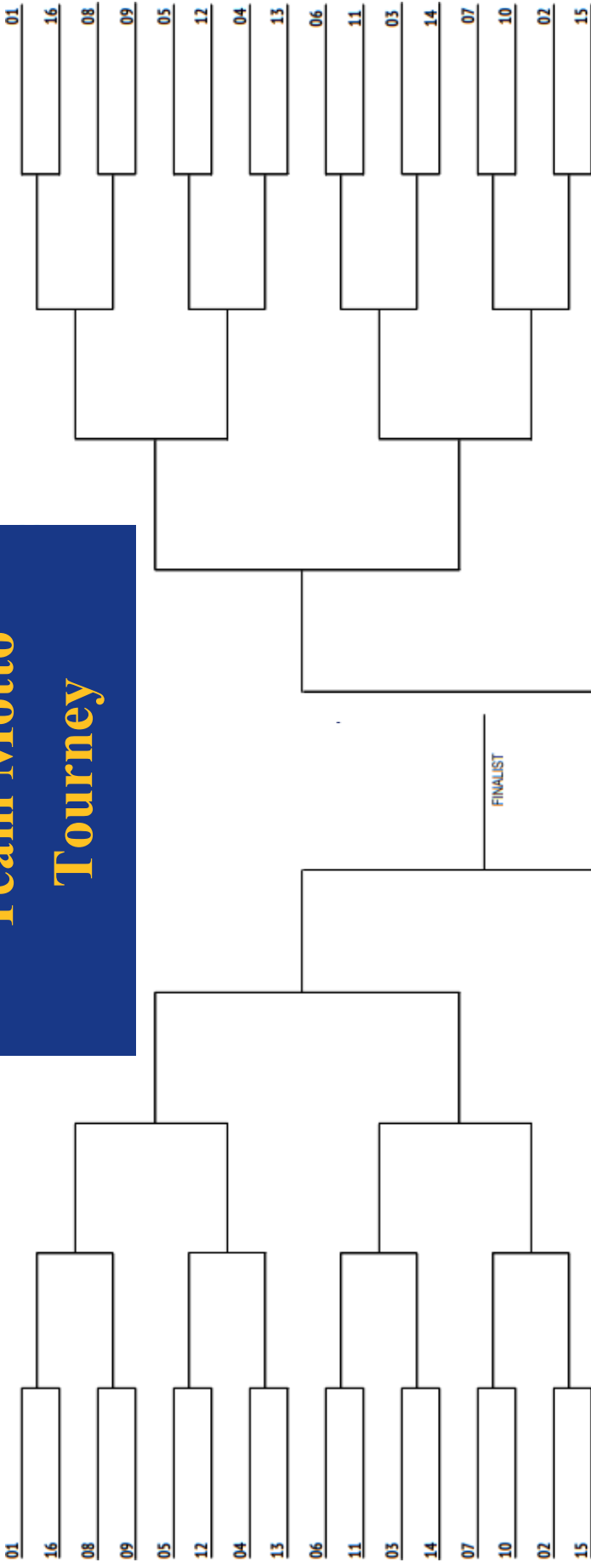


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OUTCOME/LONG TERM GOALS	SHORT TERM GOAL	
	PROCESS	PERFORMANCE
Score 10+ goals this season	Shoot 50 pucks everyday	Take 6+ shots on goal per game

ROLE:		
How Do I/My Role Help the Team:		
LONG TERM	GOALS: short term	ACTION ITEMS
How My Coaches Can Help:		

Team Motto Tourney



NCAA CHAMPION

DNA WORD LIST

TRAITS/CHARACTERISTICS/ADJECTIVES WORD LIST

DEFENSE
SHOT SELECTION
VALUE THE POSSESSION
REBOUNDING
BE RELENTLESS
POSITIVE ATTITUDE
POSITIVE ENERGY
KNOW YOUR ROLE
ATTENTION TO DETAIL
HUNGRY
IMPROVE
HEART
BELIEVE
HUSTLE
PRIDE
UNSELFISHNESS
LOYALTY
FOCUS
GET BETTER EVERYDAY
PREPARED
UNITED
FAMILY
RESPECT
"THE LITTLE THINGS"
BE ON TIME
ADAPTABILITY
ACCOUNTABILITY
DEPENDABILITY
FLEXIBILITY
RESPONSIBILITY
RELIABILITY
WORK ETHIC
NO EXCUSES

COMMUNICATION
INTELLIGENCE
COMMITMENT
POISE
TRUST
LEADERSHIP
ENERGY
COMPOSURE
VOCAL
DISCIPLINE
BODY LANGUAGE
PROTECT OUR HOUSE
GIVE BACK
PASSIONATE
TEAMWORK
CONFIDENCE
BELIEF
FIGHTER
MENTAL TOUGHNESS
HONESTY
INTEGRITY
RESILIENCE
RESPONSE
RECOVERY
NEVER GIVE UP
CARE
CHEMISTRY
INTANGIBLES
SENSE OF URGENCY
ENTHUSIASTIC
TENACIOUS
PERSISTENT
EFFORT

