

## Ten Top Tips for Teams in 2010

The new season is nearly here and teams are identified, on the way to being complete or in the process of finalizing what their lineup will be. This article concentrates on teams that are newly formed this season. Teams that have been together can still use these tips and worth remembering that most teams underperform so it might useful for all teams to consider the Ten Top Tips for Teams in 2010.

Tip #1 Decide whether the level of commitment to doing things that help team performance is there or not

Tip #2 Start with the end in mind and determine what your team is striving to accomplish and work backwards setting your goals in reverse order until you get all the way to your weekly and daily routines.

Tip #3 Determine how the team will measure its performance in practice and in matches.

Tip #4 Decide and document how the team will know any changes it made to from what it used to do work better.

Tip #5 Outline team, unit (Front end, back end, skip & vice) and individual roles and responsibilities.

Tip #6 Agree to what team behaviors will be used at different types of events on and off the ice.

Tip #7 Put your team systems in place. Decide how you will approach warm-up, time pressure, time outs, post-game meetings, travel, logistics and feed forward strategies.

Tip #8 Use a 5:1 ratio of positive and supportive comments and statements to every single negative comment and statement. The result will be a more motivating environment for players.

Tip #9 Rotate roles in the team periodically during low key events to learn different things about everyone in the team and to see things slightly differently to emphasize learning.

Tip #10 Don't be slavish to the culture of curling. Respect it and compete at your team's best.

Any team using a selection of these tips will likely have more fun and a higher level of consistency than teams that do not. Few teams are able to communicate candidly and openly and even fewer can predictably play at their top level consistently against tough competition. Whilst teams have the chance before the season to work things out, why not decide how to work as a team and give it a shot.