



ARE YOU A TEAM player?

When it comes to sport we all differ. Some prefer to be challenged individually, while others prefer to be part of a group where there is strength in the support of other players.

**WHERE DO YOU STAND?
DO YOU PREFER TO PLAY SOLO
OR DO YOU HAVE TEAM SPIRIT?**

1 HOW DO YOU FEEL ABOUT GROUP ASSIGNMENTS AT SCHOOL?

- A I love it! Working together towards a common goal is exciting.
- B I prefer doing things on my own and having control over my own performance.

2 WHEN IT COMES TO COMPETITION, HOW DO YOU PREFER THE SPOTLIGHT?

- A I'm okay with sharing the spotlight with others and celebrating as a team.
- B I like the idea of being responsible for my own success or failure.

3 DO YOU ENJOY BEING PART OF A BIG SOCIAL GROUP?

- A Yes! I enjoy being social and like making new sporting friends.
- B I prefer small groups and like to focus on my personal growth.

4 WHAT MOTIVATES YOU MORE?

- A The idea of working as a unit and achieving something together.
- B Being able to set personal goals and improve at my own pace.

5 WHEN YOU THINK ABOUT A SPORT'S PRACTICE, WHAT SOUNDS BEST?

- A Drills and activities that involve teamwork.
- B Exercises where I can focus on my individual technique and progress.

6 HOW DO YOU HANDLE PRESSURE IN A GAME OR MATCH?

- A I thrive with teammates supporting me. We win or lose together.
- B I work best when I don't have to worry about others' performance.

7 DO YOU PREFER TO SOLVE PROBLEMS WITH OTHERS OR BY YOURSELF?

- A Two heads are better than one. Brainstorming with others is good.
- B I prefer figuring things out on my own and working at my own pace.

MOSTLY AS: YOU'RE A TEAM SPORT ENTHUSIAST!

You thrive when you can collaborate and build strong relationships with teammates. Sports like soccer, basketball, or volleyball may be perfect for you. These allow you to enjoy the support of others.

MOSTLY BS: YOU'RE AN INDIVIDUAL SPORT COMPETITOR!

You like to focus on your personal growth, and goals. You like to take responsibility for your own performance and success. Sports like swimming, tennis, gymnastics, or running could be for you.

