

Cell Phone Limitations

With the incredible advance and ever increasing availability of technology, we are struggling like never before to truly connect with other human beings while face-to-face. As we learned in the Team Cohesion module, the group has to connect on an individual-relational basis if we want to develop authentic team cohesion. Therefore, we need to have individual-relational strategies to help our players connect.

Overview

Although a complete ban on technology and various devices is likely unreasonable to enforce all the time, picking a few strategic times where you establish team rules to restrict their usage can be helpful. Throughout human history people have bonded over shared meals at a shared table. Don't allow kids to be on their phones and missing the opportunity to connect on a deeper level with their teammates during team meals. If that goes well, maybe expand the rule to include the lunchroom, bus rides, or other strategic opportunities where individual-relational unity can be established. This simple rule, because of it's potential to enhance relationships, may be a rule worth implementing.

	"To" Strategies	"Through" Strategies
2nd Dimension		
Motivation		
Confidence		
Emotions		
Team Cohesion	✓	✓
Goal Setting		
3rd Dimension		
Identity		
Character		
Significance		
Self-Worth		
Values		
Purpose		

*Because many 3D strategies have multiple level 2 & 3 implications, these checkmarks do not likely display their full scope of impact. We have tried to limit the number of checkmarks to the most obvious applications to make the planning process easier.

When will this strategy be executed?

☐ Pre-Season ☐ In-Season ☐ Post-Season ☐ Off-Season

Notes: