Belonging & Team Identity

Communication + Teamwork

Belonging grows through being known, included and able to contribute. Coach athletes to make room for one another.

The action to practice: Invite a teammate into a meaningful role and check that the invitation reaches them.

01 / Connect

Greet each athlete by name or agreed cue. Help partners learn one another's names or signals and find a shared interest.

02 / Teach

"Every person on this team matters. Today, help someone know they belong and give them a real way to contribute."

03 / Play: use your own drill

Use a drill you already planned. Check that everyone has a partner, a useful role and a way to communicate. Model an invitation, then give players chances to include one another during normal play. Offer two workable choices and ask partners what helped.

Partner passing: Help partners agree on a ready signal and adjust the pass so both can participate.

Shooting stations: Rotate shooter, rebounder and passer with equitable opportunities and useful roles.

Small-sided game: Notice who has a passing option; ask teammates to create space and include them.

Coach cues: "Who needs a way into this play?" / "How can you make the invitation work for your teammate?"

04 / Notice

"You moved over, offered a role and checked that your teammate was ready. That helped them join." Name the actual action you observed.

05 / Reflect

- What helped you feel part of the team?
- How did you help someone take part?

Invite a response, gesture, demonstration, writing, sign, AAC, private response or pass.

06 / Transfer

Invite someone into a shared activity at school or home. Ask what would help them participate.

Support access: Offer a partner, an agreed cue and a meaningful playing or decision role. Allow a private introduction, gesture or pass; keep touch optional.

Family connection: We are practicing Belonging & Team Identity. Ask your athlete: What helped you feel included, and how could you help someone else join?

DATE: _____ MY DRILL: _____

What did I cue or notice? What will I repeat or adjust?

Belonging & Team Identity

Pass. Move. Include.

15 min flexible block / 3 per group · repeat groups as needed

A clear court area; no basket needed

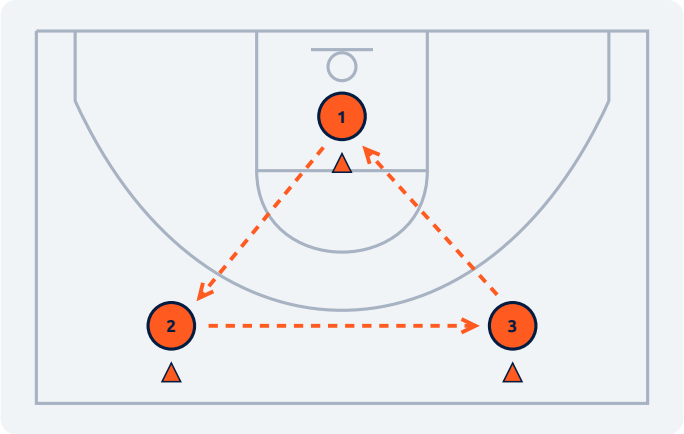
Basketball goal: Send a controlled pass to a ready teammate and move to an open spot.

Use this optional example if it fits today. You can practice the same IMPACT focus in your own drill.

Set up

Place three spots in a roomy triangle, starting about 8 feet apart and adjusting to the group. One player starts at each spot. Demonstrate a ready signal and a controlled chest or bounce pass. Keep groups far enough apart that their balls and paths do not cross.

Equipment: 1 ball per group · 3 floor spots per group



DASHED: PASS / SHOT SOLID: MOVEMENT

Pass from 1 to 2 to 3. In the movement round, follow your pass after the receiver sends the ball onward. Not to scale.

For this age band: Offer manageable choices, build partner responsibility and connect an action with its effect.

Run the activity

1. **Agree the cue.** Each receiver chooses a usable ready signal: hands, a word, a gesture or another agreed cue. The passer waits for it before passing.
2. **Pass around.** Pass around the triangle in either direction. After receiving, turn toward the next teammate. Practice for about 60 seconds without racing.
3. **Add movement.** Pass, then follow your pass to that spot. The receiver passes onward before moving. Begin at a walk, keep one direction and pause if players crowd.
4. **Solve together.** Invite the group to choose direction and a comfortable distance. Try a short round, then ask what helped everyone take part. A dropped ball means retrieve safely and restart.

Adjust to your players

Simplify: Stay on the spots. Shorten the pass or use a lighter ball; keep the receiver's ready cue.

Add challenge: Move after each pass, then switch direction between rounds. Add one defender only when the group can keep its spacing.

Support access: Offer a seated or standing position, a bounce or rolled pass, a visual cue and processing time. Keep a real ball-handling or decision role for each player.

Next practice: Revisit the same inclusion cue with a different partner or activity. Check whether everyone has a useful opportunity.