



Creating Team Chemistry

It can be the difference between an average team and an outstanding one

Extracted from a related article by Dr. Michael Klausner and Dr. David Hoch

Many ingredients go into the making of winning teams, such as talent, size, speed, strength and coachability. All are important, of course. But the intangible that often binds them together is known as “team chemistry.” It can make the difference between an ordinary team and an outstanding one. A team may possess five players with above-average talent, but they may never go anywhere without that certain bonding of spirit and purposefulness that will enable them to work together harmoniously, dovetailing all their skills willingly and unselfishly for the common good.

Team chemistry may be described as follows:

- ***The ability of the players to get along with one another, to work smoothly and unselfishly under the leadership of the coaching staff.***
- ***Each player’s recognition of the specific role that he or she has in the team approach.***
- ***Mutual feelings of loyalty and empathy for one another.***
- ***The ability of the players to anticipate one another’s moves and to blend their efforts into the team pattern.***
- ***A strong sense of team identity coupled with total commitment to the program and coaching staff.***
- ***Positive attitude towards teammates and coaching staff.***

Given the importance of team chemistry, as a coach first, I must be totally fair, motivate and clearly show trust and liking for the players, which I think I do.

While some teams will come by their chemistry naturally, most will not. It will be up to us to develop this crucial dimension through specific activities and practices.