WE NOT ME
MISSION 5&2

Character Counts GamePlan

"Repetition of the same thought or physical action develops into a habit which, repeated frequently enough, becomes an automatic reflex."

Games	Virtue + Definition	Coach & Player Challenge ~ *"Opportunity for Practice"*
1 & 2	*5&2 ~ RESPECT & KINDNESS* Since everyone is fighting a battle most people know nothing about, Mission 5&2 believes that every human interaction should be framed by respect and kindness. *Respect*: a feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements. *Kindness*: the quality of being friendly, generous, and considerate.	**For Coach** - Greet each player, parent, opposing coach, scorekeeper, and referee with a 5&2 to model your personal commitment to the 5&2. **For Player** - Greet each teammate with a 5&2 to model your personal commitment to the 5&2. At the conclusion of your game, share a 5&2 with your opponents, referee, and scorekeeper.
3 & 4	*SPORTSMANSHIP* fair and generous behavior or treatment of others, especially in a sports contest.	**For Coach** - Share a quote or example about *Sportsmanship* before practice(s) this week. **For Player** - If a teammate or opponent falls to the floor during a practice or game, rush over to offer a hand to help them up.

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Games	Virtue + Definition	Coach & Player Challenge ~ *"Opportunity for Practice"*
5 & 6	*SERVICE* concern more with the needs and wishes of others than with one's own.	**For Coach** - Share a quote or example about *Service* before practice(s) this week. **For Player** - At some point this week, help out around your house WITHOUT your mom or dad asking you. Clean your room, empty the dishwasher...
7 & 8	*HUMILITY* a modest view of one's own importance	**For Coach** - Share a quote or example about *Humility* before practice(s) this week. **For Player:** - Each player is assigned a teammate's name in order to share something that they admire or like about that teammate.
9 & 10	*GRATITUDE* the quality of being thankful; readiness to show appreciation for and to return kindness	**For Coach** - Share a quote or example about *Gratitude* before practice(s) this week. Via email or text message, share with your team parents how grateful you are for the opportunity to coach the team this season. **For Player** - Before a practice, huddle the team up and ask each team member to share one thing that they are thankful for so far this season.