



Group TAP Athlete Type Exercise #1

Mental Diversity

Lesson to be gained: Importance of mental diversity - everyone brings something unique and valuable to the team

Lesson to be gained: A chain is only as strong as its weakest link - every team member is important

Tools Needed = index cards and pencils

Prerequisites = each athlete has completed the TAP assessment and knows his/her TAP Athlete Type

Step 1 - Preparation

choose one of the three below

- Be sure each athlete has a copy of his/her TAP Athlete Type report printed in hand for Step 2
- Have a poster of each type available for viewing on a wall during Step 2
- Show each type's report visible on a projector screen for Step 2 -- go through types one by one (go to athletetypes.com/materials for presentations)

Step 2 - Action

- Each athlete writes on one index card
 - Side 1 -- one strong characteristic or strength from their respective Athlete Type report that the athlete most relates to himself/herself
 - Side 2 -- one weak characteristic or weakness from their respective Athlete Type report that the athlete most relates to himself/herself

Step 3 - Activities

Activity #1

1. Assemble group into 8 subgroups - one subgroup for each of the 8 Athlete Types
2. Select one Athlete Type subgroup to get up in front of the group with their cards in hand
 - Alternative: if 4 coaches are available to lead, break out each coach with 2 Athlete Type subgroups
3. Announce that the others should imagine that this subgroup is a team about to compete
4. Have them place their index card on their forehead with the strength side out
 - Coach reads aloud some/all strengths (depending on size of subgroup) and points out that the strengths are all very similar
5. Now have them place their index card on their forehead with the weakness side out
6. Coach reads aloud some/all the weaknesses (depending on size of subgroup) and points out that the weaknesses are all very similar

The point to stress here: If we all have similar mental strengths and weaknesses, we can more easily be defeated due to our team's narrow strengths and weaknesses.

Activity #2

1. Assemble group in subgroups around 10 in each - purposely mixing up the TAP Athlete Types
2. Have one subgroup get up in front of the larger group with their cards in hand
 - Alternative: if multiple coaches are available to lead, break out a coach with each subgroup or pairs of subgroups
3. Announce that the others should imagine that this subgroup is a team about to compete
4. Have each athlete in the subgroup place their index card on their forehead with the strength side out
5. The coach reads many/all of the strengths and stresses that this sounds like a strong, balanced team
6. Have one athlete flip his/her card over to the weakness side and say it outloud while the others keep their strength side showing
 - The coach then leads the group in analyzing the strengths of the others to identify one or more strengths from the others that will help compensate and overcome the one athlete's shown weakness
 - Repeat multiple times with different athletes showing their weaknesses one at a time

The point to stress here: Everyone has weaknesses. But it is the strengths of other teammates that compensate for each individual's weaknesses.

Lessons to take away from this exercise

- A chain is only as strong as its weakest link
- Every type has weaknesses even professional athletes / superstars
- Other types have strengths to compensate for others weaknesses
- Mental diversity equals a strong team