

The challenge

Team talk challenge

For this week's challenge we would like you to imagine you are a team captain for the day and write a short motivational team talk to inspire your players.

You could be the captain of your favourite football team, your school team or it could even be an imaginary team - the choice is yours!

Team captains have an important role to play in looking out for others on the team. A strong team is one where all team players work together regardless of their differences. When there are disagreements within a team or when the team isn't performing very well, it is the responsibility of the team captain to be encouraging, diffuse any differences between players and to celebrate them instead. The team captain is responsible for boosting morale and one of the ways in which they do this is by giving motivational team talks.

Pre-match team talk

Managers and captains give team talks before a game and at half time. They can make the difference between a team winning and losing a game and they can help to create a positive team spirit. Here are some examples of how different people approach them.

Pep Guardiola, Manager of Manchester City FC, encourages his players to be friends as he believes that this will make his team be the best it can be. He also knows how important it is to speak from the heart.



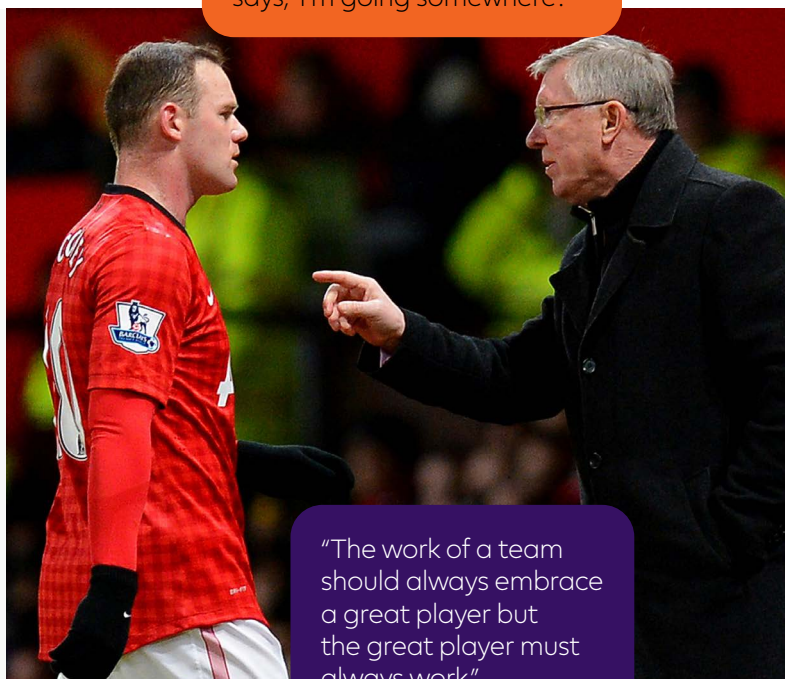
"You have to be friends, team-mates."

"There are talks that just come to you and talks that begin from a few ideas based on what you have seen. What you can't do is study the talks, learn them by heart. Two or three concepts are all you need, and then you have to put your heart into it."

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Sir Alex Ferguson, former Manchester United FC Manager, delivered many motivational speeches during his 26 years at Manchester United. He put trust in his players and always put energy into his team talks. He often focused on the need for each player to work hard and achieve.



"Forget ability, to achieve in life you need something extra inside you. A dynamo that says, 'I'm going somewhere!'"

"The work of a team should always embrace a great player but the great player must always work."



"We knew at half time, we had a conversation before the coaches came in that it's not good enough and we needed to get hold of the game. I think we executed it."

Leah Galton, player for Manchester United WFC, revealed that in a Women's Super League match between Manchester United WFC and Chelsea FC Women, her team had a talk at half time to boost morale. They were losing 1-0 before half time but managed to gain more possession and score a goal in the second half.

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"I always say, as a leader you must be the master motivator of your team. When performance levels drop, your energy, motivation and drive can be the turning point for change."

José Mourinho, Head Coach at Tottenham Hotspur FC, always does a lot of preparation before his team talks, analysing previous matches. He emphasises the importance of motivation.

Word Bank

Here is a collection of words that you could use in your team talk:

| | | | |
|------------|----------|--------------|----------|
| Together | Ultimate | Hard-working | Focus |
| Determined | Aspire | Teamwork | Better |
| Powerful | Reach | Collaborate | Unite |
| Stronger | Goals | Effective | Positive |



Tips:

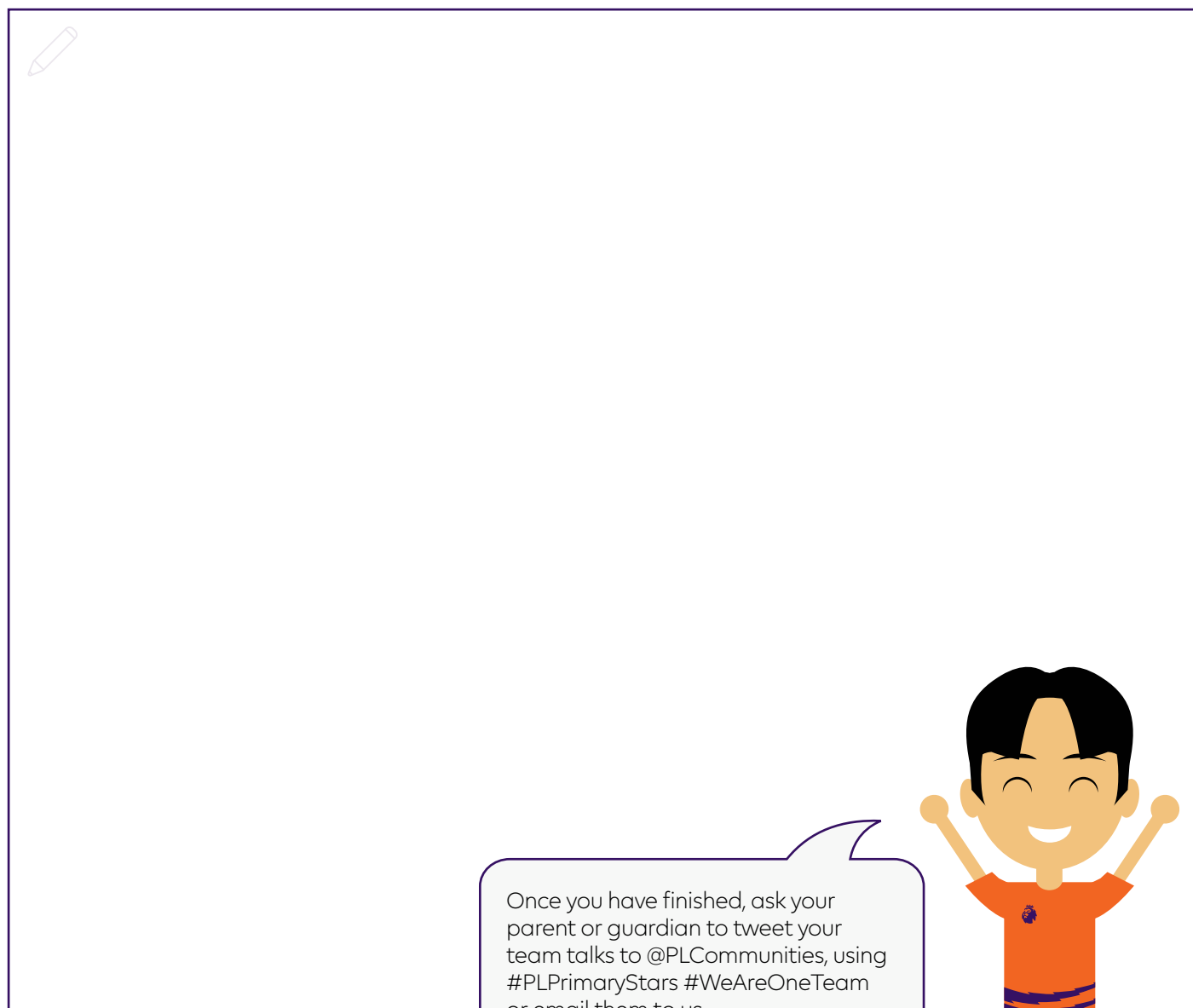
- The opening line of your team talk is crucial - you want to **captivate** your audience. You can do this by **asking a question** or **making a statement**.
- Think about your **audience** - what will they respond to best? Remember that everyone is different and what motivates one person may not work for another. Try different ways to make sure you encourage the whole team.
- Use **repetition** to reinforce your message.
- Include **short calls to action**, e.g. 'Do it now!' 'Let's go!'
- Be **direct** in your team talk, keeping it **short** and **concise**.
- Keep it **positive** and **uplifting** - remind the team of times when they've performed well together or how hard they've trained!

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Use the template below to write your motivational, impactful team talk. Use the word bank and the top tips to help you with this.

When you have written it, why not try and deliver it out loud? How you deliver your team talk is just as important as what you are saying - think about **tone** and make sure you show plenty of **expression**!



Once you have finished, ask your parent or guardian to tweet your team talks to @PLCommunities, using #PLPrimaryStars #WeAreOneTeam or email them to us plprimarystars@premierleague.com

