



Team Cohesion

To be successful a team must be cohesive, they may not interact or socialize away from the club but once they are all there, they must be unified.

“Cohesion is the ability for a group of individuals to join together and create a combined unit, and it is what sets apart teams of individuals and successful teams.”

Different Types of Cohesion

Task Cohesion is based around the concept that groups of coaches and players will bind together in order to achieve a common goal.

Social Cohesion is based around the concept that individuals are not just united through their common goal but also interact on a social basis as well.

Carron (Social Psychology of Sport, 1980) defined a cohesive group as having the following characteristics:

- a collective identity
- structured patterns of communication

Therefore, in order to promote cohesion, you as the coach should attempt to:

1. Establish a **sense of togetherness**, through team identity.
2. **Promote unity** of purpose.
3. Collaborative **teamwork**.
4. Establish individual and collective **accountability**.
5. **Team culture**, no groups or cliques.
6. Develop a **family atmosphere**, all help each other.
7. **Trust and belief** in each other.
8. Honesty, **identifying problems** early and collectively solve.
9. Well **defined roles** to ensure complete understanding.
10. **Communication** – open, clear, honest, pro-active, regular, collective and individual, understood and active listening.