

WORKING TOGETHER – TEAM COHESION

Why important?

Although Table Tennis is an individual sport, developing a **team ethos** can be very important, as you need people to help you grow! This could mean working with your practice partner, working with your teammates in your local clubs or working together to win for Scotland!

At any level, whether grassroots or elite, being part of an environment that is positive, where people want to help each other, support each other, feel connected and enjoy social aspects, will only make us stronger as a table tennis community across Scotland.



Task cohesion refers to the degree that group members work together to achieve common goals and objectives.

Social cohesion reflects the interpersonal attraction among group members.

(Weinberg & Gould, 2007)

Team is a group of individuals who must interact with each other to accomplish shared objectives and Team members have to depend upon and support each other in the pursuit of common goals.

What to do?

Here are some tips, that you could try, to help improve your ability to work better as a team, to develop your rapport with team mates or coaches and to improve the heart of TT in this country, our clubs!

What to think about	Top Tips
Environmental , personal, team and leadership factors.	Team meetings – open discussions & should be regular – athletes. Coaches, parents etc.
Environmental – simple forces e.g. same kit, player code of conduct etc.	Communicate effectively – environment where everyone is comfortable to talk.
Personal – individual characteristics within a group.	Explain Individual group roles – stress the importance of each players role within the club or team.
Leadership – leadership style and behaviours that athletes establish within their group.	Goal setting – specific and challenging for individual and group. Encouraged to take pride in accomplishments.
	Encourage group identity – team kit looking smart functional and part of something.
	Develop pride within subunits – foster pride within subunits and encourage them to support one another.
	Avoid formation of social cliques – try not to allow small groups to alienate others.
	Often cliques are formed when the team is losing, needs not being met or when coach is treating athletes differently from others.