

Effort

2-5 minutes | Grades K-8

Coach cue	Effort is what you put into the job in front of you. Your best can look like hustle, careful practice, or asking how to get it right.
Game scenario	Your team is down and there's only a minute left.
Try it	Play a short round in which the coach notices effort: getting back, staying ready, and encouraging someone. Ask players to name one effort they saw.
Huddle question	What can you give the team even when you can't change the final score?

Player check-in

Read each question aloud. Have players vote A, B, or C.

1. **Your team is behind late. Which choice shows effort?**
   - **A.** Stop moving until the game ends
   - **B.** Get back on defense for the next play
   - **C.** Save your energy to complain afterward

2. **What is an example of effort during a new drill?**
   - **A.** Slow down to work on the cue
   - **B.** Rush so you can finish first
   - **C.** Skip the hard part of each rep

3. **You're tired near the end of a drill. What shows steady effort?**
   - **A.** Rush so you can finish first
   - **B.** Skip your remaining turns
   - **C.** Keep using good form at a safe pace

4. **What does effort look like when you're on the bench?**
   - **A.** Stop watching the game
   - **B.** Stay ready and encourage teammates
   - **C.** Cheer only when you're about to go in

Ask the team	Describe one effort you can give at your next practice.
At home	Pick one chore or school task. What would doing it with your best effort look like?

Coach answer key **1. B** **2. A** **3. C** **4. B**

One takeaway for our next practice _____