

Integrity

2-5 minutes | Grades K-8

Coach cue	Integrity means doing the right thing even when nobody would know if you didn’t.
Game scenario	Your hand touched the ball last. The official didn’t see it and asks what happened.
Try it	Let players practice a one-sentence honest answer. Ask a partner to repeat what they heard, without judging it.
Huddle question	Why might telling the truth feel hard when it costs your team the ball?

Player check-in

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

1. **The official asks who touched it last, and it was you. What shows integrity?**
   - **A.** Blame the nearest player
   - **B.** Say you didn’t see it
   - **C.** Say it touched your hand

2. **Which choice shows integrity in a self-scored drill?**
   - **A.** Round up because you worked hard
   - **B.** Count the reps you actually finished
   - **C.** Copy the score of your partner

3. **You step out of bounds in a pickup game. Nobody sees. What do you do?**
   - **A.** Call yourself out
   - **B.** Keep playing until someone notices
   - **C.** Wait to see who scores

4. **You wrote down one extra point by mistake. What should you do?**
   - **A.** Keep it if your team is behind
   - **B.** Ask a friend to back up the score
   - **C.** Correct the score and tell the other team

Ask the team	Describe a made-up moment when telling the truth would take courage.
At home	What’s an example of doing the right thing when nobody’s watching?

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

One takeaway for our next practice _____