

Maturity

2-5 minutes | Grades K-8

Coach cue	Maturity means choosing a response you'll be proud of even when your first reaction is loud.
Game scenario	You're asked to sub out just when you wanted to take the next shot.
Try it	Practice a walk to the bench, one breath, and "What should I be ready for when I go back in?"
Huddle question	What can you control in the moment you get subbed out?

Player check-in

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

1. **You're upset about being subbed out. What shows maturity?**
   - **A.** Refuse to leave the game
   - **B.** Complain about the player replacing you
   - **C.** Take a breath and ask the coach at a break

2. **Someone else gets the job you wanted. What's a mature response?**
   - **A.** Ignore them the rest of practice
   - **B.** Support them and ask how you can improve
   - **C.** Tell everyone you should have gotten it

3. **A coach gives feedback you didn't expect. What can you do?**
   - **A.** Listen, then ask what to try next
   - **B.** Talk over the coach
   - **C.** Ask a teammate to argue for you

4. **You're frustrated waiting for a turn. What shows maturity?**
   - **A.** Cut in line
   - **B.** Tell the next player to hurry
   - **C.** Use the time to watch and be ready

Ask the team	What could help you pause before reacting?
At home	When has waiting to respond helped you handle a frustrating moment?

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

One takeaway for our next practice _____