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How do you motivate Timmy?

1. Team Sport _____
2. Level _____

How do you motivate Timmy?

Timmy is a _____team sport_____ athlete who competes at the _____level_____ level. Since joining the team, Timmy hasn't been as motivated as he usually is when it comes to his sport. He used to [verb] all the time in order to perform at the highest level he possibly could, but lately he has been doing it less and less.

You are Timmy's [professional in sport], and you want to help him find the energy and enthusiasm that he used to have for [Timmy's sport]. In order to do this, you (1) consider his personality traits and his situation. Timmy is very introverted and reserved when first meeting people. Although his teammates are very nice, they are a very close-knit group and Timmy prefers to practice away from everyone else when he can. The divide is starting to become clear, even during competition. You also (2) want to understand why Timmy is competing in this sport, and on this team. You find out that he [reason for being on team], and also [another reason for being on team]. Knowing what you know so far about Timmy, you decide to [verb] in an effort to motivate him.

You also know that it is a good idea to (3) change the environment in order to motivate athletes. You decide that you are going to do this by [verb], which could help motivate Timmy and make him excited about [sport] again. You continue to (4) display a positive attitude and show that you are excited to have Timmy on the team by [adjective] [adverb]. Finally, Timmy has been [undesirable behavior] due to his lack of motivation. You (5) use feedback and reinforcement to modify this behavior. For example, whenever Timmy [verb], you [feedback/ reinforcement provided].

Great job motivating Timmy, you are a/an [adjective] [professional in sport]! [exclamation]!

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