

# Winning – again and again

Why do some teams win one title and never again, while other teams create dynasties and continue to win?

Here are some observations from someone that's been around a few repeat winning teams

## 1. **LEGACY, HISTORY**

They respect the shirt, they aim to build history, create a legacy. They have a higher purpose and chase the dream...but they understand where they came from and who they represent. They play for those that came before them and those that play alongside them.

## 2. **PHYSICALITY**

They are physically strong, athletically superior, courageous and brave. They love to work hard and have an "over my dead body" attitude to all that they do. They understand that effort, energy and intensity creates the platform for their baseline level of play

## 3. **GAMEPLAY**

They are organised, move as a unit and are consistent in structure with the ball and without it. They react faster than their opponent when they lose possession or win possession. The expectations are clear and they execute with precision

## 4. **INTELLIGENCE**

They are smart. Repeat winners, can think strategically, can solve problems under pressure and can evolve when required. They are adaptable, leaderful and have the ability to improve the team and program

## 5. **TEAM**

They are connected. They are connected to their coaches, they are connected to their teammates, they are connected to the vision and plan. They love the game, they love the environment, and they are willing to give everything for those around them.

## **6. CREATIVE, INNOVATIVE**

They are creative and innovative- the greatest teams reinvent how the game is played. They bring things that have never been seen before. True innovation is one of the most beautiful things to see when a dream team is on fire.

How to build this is the art of coaching.