

## **Pass the “Object”**

**Purpose:** To spread positivity amongst your team, to acknowledge team members for different attributes such as working hard, spreading kindness, etc.

### **Explanation:**

***In Person:*** Coach will designate an object (bracelet, pin, stuffed animal, etc.) It begins with the coach announcing at a practice something a team member has stood out for doing. The coach can set criteria for what the object should be passed on (kind acts, demonstrating work ethic, etc.) or can leave it open. The coach then passes the object to that team member. The team member is to think of it like "hot potato". As soon as the team member notices something that stands out, they share with the team what it is, and pass the object to that person. This continues throughout the practice, week, and even year. This can be done multiple times during one practice or can be designated to do at the end of practice, end of the week, etc. The coach should determine what should happen to the object at the end of practice. (It is recommended that the coach collect the item back so it does not get misplaced.)

***Via Zoom:*** Instead of an object, team members could pass on a virtual high five. This would most likely happen at the end of a Zoom Call instead of throughout.