



Team Speed Meetings – Building Rapport through Personal Disclosure

While we do not need to all be the best of friends, getting to know each other through personal disclosure is a great way to build trust, accountability, and foster teamwork that leads to a more fulfilling team culture and is inextricably linked to team success.

Coaches who jump in on the “getting to know you” train can expect to foster a deeper sense of respect from their teammates, find athletes with an increase in recall of information you’ve given, and have a deeper sense of “what the team needs”.

For this activity, arrange everyone in two concentric circles with the inner circle facing 1 person from the outer circle. Pick questions from the list below for everyone to ask each other within 1-2 minutes (depending on your group’s proclivity to converse with each other). Consider these questions suggestions, with 20 questions being enough for roughly 30 minutes of a session.

Questions

1. What is your favorite athlete of all time? And Why?
2. What was your favorite subject as a kid?
3. If you could pick any wild animal to have as a pet, which animal would you choose?
4. Would you rather have the ability to fly or be invisible? And Why?
5. Are you a morning person or a night person?
6. What did you want to be when you were growing up?
7. What is your biggest source of motivation?
8. What is your favorite sport to watch?
9. Would you rather spend a day at a water park or an amusement park? And why?
10. What is your least favorite food of all time?
11. What do you look for in a significant other?
12. Would you rather have a hair in your mouth or wet socks for a full day?
13. What is your biggest strength as a person?
14. What do you want people to remember about you?
15. What is your favorite hobby outside of Volleyball?
16. Do you have any siblings? If so, how many? If not, would you want any?
17. What is your dream car?
18. What is your favorite memory as an athlete?
19. If you could have dinner with anyone, dead or alive, who would it be and why?
20. Would you rather step on a Lego or stub your pinky toe?
21. What is your favorite thing to drink while competing?
22. Do you have a pregame ritual? If so, what is it?
23. What is your favorite pump-up song? Sing your favorite line!
24. What is your favorite sports movie?
25. If you could be any fictional character from a movie or show, who would you be?
26. Would you rather not shave for a year or not cut your hair for a year?
27. Pancakes or waffles?
28. What makes you a good teammate?
29. What is your favorite flavor of sunflower seeds?
30. Do you put your right or left sock on first? In what order do your shoes go on?
31. What are you absolutely determined to do?
32. Where would you go on your ideal vacation?
33. What would your last meal be?
34. If you had to recite one song at a concert, which song would it be? Sing your favorite part!
35. If you could compete against one professional athlete, who would it be?
36. What is your favorite month of the year, and why?
37. Do you prefer cats, dogs, or neither?
38. Would you rather visit the moon or the bottom of the ocean?
39. How would you describe yourself in 3 words?
40. What job would you be incredible at?
41. What job would you do you want to steer clear of, and why?