

ENCOURAGING OTHERS

Date: ___/___/___

In a research study, five monkeys were placed in a cage with a ladder leading to a bunch of ripe bananas. One monkey headed towards the bananas, but hidden at the top of the ladder was a water hose, which aggressively sprayed water over the monkey. After getting sprayed a few times the monkey stopped trying to get the bananas. Another monkey tried; he too was sprayed with water. Each monkey in turn tried, but each was doused and eventually gave up. The researchers turned off the water spray and removed one monkey from the cage, replacing it with a new one. The new monkey saw the bananas and immediately tried to climb the ladder. However, to its surprise, the other monkeys leapt up and stopped it. Over time, the researchers removed and replaced all the original monkeys. But still every time a newcomer approached the ladder, the other monkeys stopped it from climbing up. None of the remaining monkeys had ever been sprayed, but still no monkey approached the ladder to reach the bananas. None of the monkeys in the room knew why they couldn't have the bananas. They just knew that they couldn't (Sheldon). For the full study, see (Stephenson).

This is sometimes the way people are about reaching for dreams. Everyone has a dream and for some that dream is killed by someone else. After a person's dream dies, they sometimes start killing other people's dreams. It is the "No we cannot have that" mentality.

The other day, a coach witnessed a real life example of this. He saw a group of about ten players practicing after school, putting in extra work. As he stopped to watch, he noticed a group of about eight players who were not practicing, but instead they were watching and making fun of the players that were practicing. Anytime a ball was dropped or a mistake was made, the group of players who were not practicing would break out into laughter and yell out things like, "Man, you're sorry. You're trash." The group of ten that were working hard, the group that was practicing to get better, quickly became discouraged and stopped practicing. Many of them even joined the group of people that were making fun of them.

Teammates are supposed to work together, not tear each other down. Decide today what type of teammate you are going to be. Are you going to be a teammate that encourages others to work hard or one that discourages?

QUOTE: "You need to be aware of what others are doing, applaud their efforts, acknowledge their successes, and encourage them in their pursuits. When we all help one another, everybody wins." –Jim Stovall

OBSERVATION

- 1) What did the monkeys do to the new monkey?
- 2) What did the players that were NOT practicing do?
- 3) What eventually happened to the players practicing?
- 4) What are teammates suppose to do?

OVERTIME

Go to afootballjourney.com and watch *Pursuit of Happyness* movie clip.

APPLICATION

- 1) How successful will your team be if your teammates are discouraged?
- 2) What can you do if you are in that situation where others are discouraging your teammates?
- 3) When are some other times that it is important to be an encourager?

DID YOU KNOW?

Tom Brady was drafted in the sixth round. He was actually selected behind six other quarterbacks.