

PAIRS OF THREE – A Virtual Activity to Reinforce Team Cohesion During the Pandemic

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This activity leverages social media to keep team members in contact with one another, helps them to learn something about one another, and be there to support one another in an appropriate way.

The activity is done in three rounds. Each round involves two members of the trio. In each round one member will be the interviewer and the other the interviewee. The rounds are done using social media or a smart phone. The three rounds do not have to be done at the same time. Here's how it should work:

- In Round 1, Player A is the interviewer and Player B is the interviewee
- In Round 2, Player B is the interviewer and Player C is the interviewee
- In Round 3, Player C is the interviewer and Player A is the interviewee

Each round consists of a 10-15-minute interview. If you have access to a group meeting platform you can follow up to find out what players learned.

Divide the team up into trios and inform members which trio each will be on. Instructions you can send to your players appear on the next page.

Prime Time Interviews

To complete this activity, you will need a smart phone with camera, a laptop or desktop with camera and microphone, or a game system that allows live online communication. Texting is not allowed! (except for scheduling interviews).

You will be working in “pairs of three” assigned by your coach. Two of the three of you will work together in each of three rounds to interview one another. Each of you will get a turn as the interviewer and the interviewee. It should work like this:

- In Round 1, Player A is the interviewer and Player B is the interviewee
- In Round 2, Player B is the interviewer and Player C is the interviewee
- In Round 3, Player C is the interviewer and Player A is the interviewee

You don't have to do all three rounds at once. Your coach will give you a deadline by which time all three interviews must be completed. Your interviews should take about 10-15 minutes, maybe more.

During your turn as interviewer, you will ask questions of your interviewee from the list below. Choose 6-8 questions from the list. The questions in **bold** MUST be included in the ones you ask, including one question you develop yourself as the interviewer.

QUESTIONS FOR INTERVIEWEES

1. **What is the most frustrating part of this COVID-19 situation for you, and why?**
2. Who has been the important influence in your life as an athlete, and why?
3. If you could never play sports again what would you want to be remembered for?
4. If Jesus was sitting next to you on the bus ride to our next game (whenever that will be) what one question would you want to ask Him right now?
5. What one thing would your teammates NEVER guess about you?
6. **What scares you the most about the virus pandemic?**
7. What one sport have you NEVER played that you would like to try some day?
8. Academics, athletics, social life, or spiritual life – which is your priority at this age, and why?
9. **How can your teammates and coaches support you through this pandemic?**
10. Which part of your game is most developed right now – the physical part or mental part?
11. What advice would you give a teammate who is struggling to deal with the pandemic?
12. Athletes must learn to live with disappointments; what one tip would you share with your teammates about how to deal with disappointment effectively?
13. Because of social distancing during the pandemic, we can't practice or compete together right now. What suggestions would give our coaches about keeping team spirit up?

14. Would you rather be known for your skills as an athlete or for being a great teammate, and why? (can't say both).
15. At some point this pandemic should be over. When it does end, what is the first thing you would like to see the team do when we can get back together?
16. What movies or TV shows have you watched lately that you would recommend to teammates because they were motivational in some way? (can include books or articles)
17. What do you feel are the greatest strengths of our team that will help us make it through this difficult time?
18. What do you feel are the greatest challenges our team has that might make it difficult to get back to where we were before this all started?
- 19. Interviewer writes a question of their own choosing that's not already on this list.**
20. Interviewer writes a second question of their own choosing that's not already on this list.