



Level 1 – Dedication to being **TEACHABLE** – Being teachable means the athlete is dedicated to being open and accepting of every situation of teaching and instruction in the practice or game, even if that instruction takes form of occasional corrective criticism.

Level 2 – Dedication to being **VOCAL** – Athletes should be prepared to be verbally ‘all-in’ in the practice, to make sure their voice is a constant source of loud encouragement with teammates, a source of confidence for teammates (and on a more limited basis an occasional source of accountability for teammates when necessary) and a general voice of enthusiasm that lets everyone know that they are totally behind and supportive of the direction that the team is heading toward.

Level 3 – Dedication to being **PHYSICAL** – Few Athletes can get close to a consistent 100% physical dedicated in practice. Athletes who grade themselves with a 9 and above in this category of physical dedicated should live by drill-by-drill maxim that it would be close to physically impossible for them to have worked any harder on each and every drill in practice.

Level 4 – Dedication to being **EMOTIONAL** – Very competitive athletes can often demonstrate very high levels of physical dedication, but that does not mean that these same athletes have a ‘team first’ mentality and are fully dedicated emotionally to the interests of the team. Second, full emotional dedication means that the athlete is completely prepared to circumvent personal feelings, thoughts and emotions for the greater goal or purposes of the larger group. This type of selfless dedication takes a very special type of mental toughness. Athletes who have this type of mental toughness and selfless dedication are very rare and special. They help poorly talented teams become competitive and they help good teams become championship caliber teams. They do all the little things in practice, and they often do them **BEFORE** they are asked.





Kings Hammer - Character Gauge

Adapted from the Take Two Drill by Icebox™

Athlete name _____

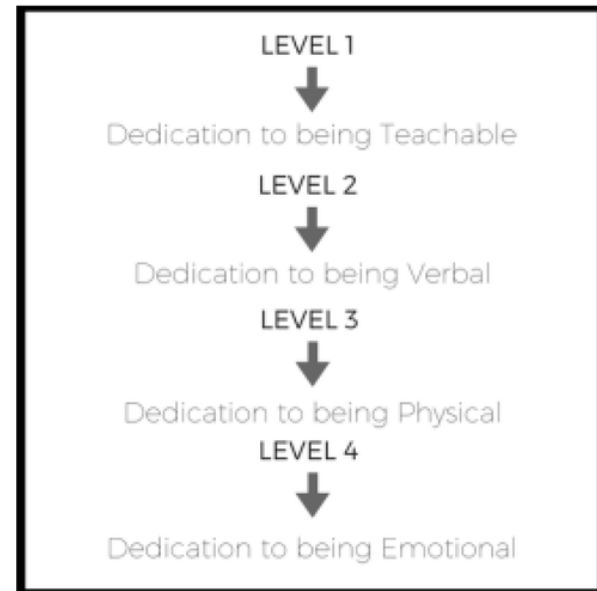
Date _____

Practice / Game Venue _____

Dedication SCORE (1-10 rating)

TEACHABLE _____ VERBAL _____

PHYSICAL _____ EMOTIONAL _____



SELF-DRIVEN ACCOUNTABILITY

1. How do you feel about today's performance?
2. If you could play the practice or game over, what would you do differently?
3. If you could play the practice or game over, what would you do the same?