

A Reference list of Performance, Social, Moral Values and Attributes

It should also be said that unless an individual has acquired a broad spectrum of values from all three categories, it is unlikely that his general behaviour will be consistent with what is “good character”. Performance values are positive assets, but they must be balanced with sufficient social and moral values. Otherwise, a person may be totally committed and loyal to a cause that is less than moral. Likewise, an individual can be highly teachable but end up embracing the wrong ideals.

For seamless implementation and effective development, values education should be imbued at the beginning during early stage planning, such as planning the Season or Yearly plan, and establishing Team Values/Culture. Values and specific behaviours are then identified together with the training objectives. These identified values and attributes are then strategically infused into macro (monthly/seasonal) / micro (daily/weekly) plans.

PERFORMANCE <i>Performance values and attributes are important for sports proficiency for effective skill learning and execution. They have a direct connection to success and achievement at individual and team levels.</i>	SOCIAL <i>Social values and attributes seek to improve relationships dynamics between team mates, opponents, coaches, officials, and strengthens team culture.</i>	MORAL <i>Moral values and attributes moderate our desires for success with a sense of righteousness. They keep winning in perspective and guide us to do the right thing despite social pressure.</i>
Attentiveness <ul style="list-style-type: none">● Maintains focus during instructions● Responds quickly to coaching feedback● Shows active engagement in training Awareness <ul style="list-style-type: none">● Reads game situations effectively● Understands own position/role● Adapts to changing conditions	Accountability <ul style="list-style-type: none">● Acknowledging consequences from personal actions● Admits and learns from mistakes● Follows through on commitments Care <ul style="list-style-type: none">● Supports struggling teammates● Shows concern for others● Helps new members adapt	Compassion <ul style="list-style-type: none">● Helps injured teammates/opponents● Shows concern for others' struggles● Supports those having difficulties Fair Play <ul style="list-style-type: none">● Plays by the rules rather than looking for loopholes to exploit● Shows respect to officials● Accepts decisions gracefully

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<p>Confidence</p> <ul style="list-style-type: none"> • Shows positive body language • Attempts challenging skills • Expresses ideas/opinions clearly <p>Consistency</p> <ul style="list-style-type: none"> • Maintains performance standards • Shows reliable execution • Follows routines systematically <p>Competitiveness</p> <ul style="list-style-type: none"> • Rises to challenges • Shows fighting spirit in tough situations • Maintains high standards <p>Courage</p> <ul style="list-style-type: none"> • Faces fears/difficulties directly • Steps out of comfort zone • Rebounds from setbacks <p>Determination</p> <ul style="list-style-type: none"> • Maintains effort in tough situations • Pushes through fatigue • Stays focused on goals with high personal effort 	<p>Commitment</p> <ul style="list-style-type: none"> • Devoting steadfastly to training • Playing the assigned role to best effort • Follows through on tasks even when facing challenges <p>Communication</p> <ul style="list-style-type: none"> • Gives constructive feedback • Listens actively • Shares knowledge willingly <p>Enthusiasm</p> <ul style="list-style-type: none"> • Shows positive energy in training • Encourages teammates to better performance • Maintains high spirits in challenges <p>Harmony</p> <ul style="list-style-type: none"> • Works well with diversity • Resolves conflicts positively • Actively encouraging teammates <p>Respect</p> <ul style="list-style-type: none"> • Gives attention and understanding to views of others • Acknowledges others' contributions • Demonstrates good sportsmanship 	<p>Integrity</p> <ul style="list-style-type: none"> • Admits mistakes openly • Voluntarily acknowledges faults/violations of rules • Makes decisions based on strong moral principles <p>Loyalty</p> <ul style="list-style-type: none"> • Stands by team decisions and values • Supports teammates in difficulty • Puts team interests before personal gain <p>Sportsmanship</p> <ul style="list-style-type: none"> • Wins with humility and loses gracefully • Acknowledges opponents' good play • Consistent display of respect, fairness and integrity in different sport situations
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<p>Diligence</p> <ul style="list-style-type: none">• Being on task or training on own initiative• Practices with purpose• Maintains effort throughout <p>Excellence</p> <ul style="list-style-type: none">• Strives for high quality execution• Having a high standard of personal and team performance• Shows commitment to improvement <p>Focus</p> <ul style="list-style-type: none">• Keeping to sports tasks without being distracted• Shows consistent concentration on a specific skill or role assigned• Maintains pre-game/training routines <p>Resilience</p> <ul style="list-style-type: none">• Bounces back from setbacks• Persists through challenges• Displaying grit under intense competition	<p>Responsibility</p> <ul style="list-style-type: none">• Shows up prepared• Completes assigned roles/tasks• Fulfills team duties <p>Leadership</p> <ul style="list-style-type: none">• Takes initiative in activities• Guides less experienced teammates• Shows positive influence <p>Teamwork</p> <ul style="list-style-type: none">• Collaborates effectively• Shares responsibility• Supports team decisions	
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<p>Self-Management</p> <ul style="list-style-type: none">● Regulates emotions under pressure● Follows training plans● Shows disciplined preparation <p>Teachable spirit</p> <ul style="list-style-type: none">● Seeks feedback actively● Implements corrections promptly● Shows willingness to try new methods <p>Tenacity</p> <ul style="list-style-type: none">● Shows sustained motivation toward goals● Displays a competitive spirit● Shows continuation of effort despite setbacks		
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