

# Teamwork and Accountability

A 7-Minute Talk for High School Athletes

## Introduction

Accountability can make or break a team—not just in sports, but in life. When accountability is lacking, the team pulls apart. But when we hold each other accountable, we become tighter, stronger, and more capable than ever.

## The Power of Accountability

Proverbs 27:17 – 'As iron sharpens iron, so one person sharpens another.'

We make each other better when we challenge, encourage, and push one another to grow. When teammates count on you, you're more likely to give your best effort.

## Interactive Question #1

Who has had a teammate that inspired you to work harder by their example? What was it about them—consistency, energy, refusal to quit?

## Accountability in All Relationships

Amos 3:3 – 'Do two walk together unless they have agreed to do so?'

This applies to family, friends, and future relationships. If everyone is pulling in different directions, unity is impossible.

## Interactive Question #2

Imagine your team in a championship game. What happens if everyone ignores the game plan? Would you win—or would chaos take over?

## Accountability as Freedom

Galatians 6:2 – 'Carry each other's burdens, and in this way you will fulfill the law of Christ.'

Accountability is not a limitation—it's freedom. It allows you to be your best without going it alone.

## Practical Steps to Build Accountability

Show Up Consistently – Be on time and ready.

Be Honest – Own your mistakes.

Encourage Others – Lift each other up.

Follow Through – Finish what you commit to.

## **Interactive Challenge**

Pair up with someone on your team. For the next 7 days, check in with each other in practice, school, and life. Ask: 'How are you doing? What do you need?'

## **Closing Thought**

Accountability is about connection, not perfection. When we are accountable, we play better, live better, and grow stronger. Let's sharpen each other and see how far we can go—together.