
THE **CrossFit** JOURNAL **KIDS**

CrossFit Kids and Teamwork

Kevin Nichols talks about how CrossFit Kids encourages young athletes to come together as a team.

By Kevin Nichols CrossFit Works

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Staff / CrossFit Kids

Teamwork: the process of working collaboratively with a group of people in order to achieve a goal.

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In team WODs, athletes learn the benefits of working together to solve problems and overcome obstacles.

The CrossFit Kids program provides endless possibilities to teach young athletes about teamwork and working together to meet a goal. It also gives young athletes the opportunity to learn trust, risk taking, communication, problem solving and leadership.

If you were to drop in on a CrossFit Kids class at CrossFit Works in Tucson, Ari., you would see teamwork in action during all parts of our class. During the focus segment, you would see young athletes watching each other to ensure the movements are done correctly. They keep each other accountable, not only for moving well but also for reps. We find that feedback from their peers rather than from an adult coach resonates much more with the kids.

During the WOD, you would see young athletes coaching each other, counting and cueing proper movements, congratulating each other for moving well, and going hard. We've had great success with athletes counting for each other, as we have seen that kids of all ages can struggle counting correctly for themselves during a workout.

Perhaps the best opportunity for young athletes to discover the power of teamwork is during the game. Young athletes want to win that game! They are driven by the desire to succeed. They are given a chance to lead and follow their peers, learning the kinds of communication skills, strategies and problem solving needed to achieve their goal of winning. Success helps kids develop the poise and confidence to tackle challenges inside and outside the gym. They have the opportunity to apply what worked in their game toward other areas that they wish to succeed in, be it academics, friendships or athletics.

Defeat also presents just as many chances for learning and growth—if not more. Young athletes discover what didn't work while learning resiliency and graceful sportsmanship. Athletes in our program are given frequent opportunities to try a game again and work together to re-strategize as a team.

The best games to teach teamwork are those that require young athletes to work together to win. They fail together and they succeed together. Recently, we played a wonderful team-building game called [Cross the Swamp](#). Of course, we put a CrossFit spin on it. Check out the video on how to play Cross the Swamp and please contact kevin@crossfitworks.com if you would like more information on team-building games and resources.



About the Author:

Kevin Nichols is a certified strength and conditioning coach through the NSCA, holds certificates in CrossFit and CrossFit Kids, and is a Youth Fitness Specialist through the IYCA. Kevin is also a certified elementary-school teacher and is deeply committed to helping athletes of all ages enjoy the process of being active and reaching their goals. Kevin is married to his beautiful wife Anna McCallister-Nichols and has a three-and-a-half-year-old daughter, Jolene Rose Nichols. Jolene asks her daddy every day when she can start CrossFit Kids.



Courtesy of Kevin Nichols