**Select the social factor. Explain how you developed this factor to help improve your performance**.

To improve the social factor in our team we used team building exercises. This involved doing group tasks to develop our team dynamics. For example, we used a blind maze which involved one member leading the rest of the group who were blindfolded. The leader is not allowed to use verbal communication and had to rely on using other ways of communicating such as clapping and stamping. This allowed to us to build trust between team members so we could work better together. For example, in volleyball being able to trust other players meant that there were more options for passing. This meant we would make the best decision in order to score a point. We were in the forming stage which meant that we were new players coming together for a common goal but our roles were unclear and our communication was still poor as we weren’t used to working together. This method was suitable for our stage as it allowed us to co-operate better when performing and begin building a good team dynamic. We then started to define roles in our team as we progressed to the storming stage in Tuckmans 4 stage model of group development. This meant that we were getting to know each other’s roles and our communication was developing. We completed a task which allowed us to look at each player’s strengths and weaknesses so we could make the best decision for each role. Defining roles meant that player’s had a better understanding of what they were doing in the team which allowed us to play better as a team. For example, in volleyball the setter knows they have to communicate with each hitter to make sure they knows the play they will run and what set they will hit. This allowed us to create opportunities to score points.