

Tuckman's Five Phase Model

What Can Coaches Do? Working Through Each Phase.

Phases	Characteristics	Plan of Action
Forming	Finding niche, uncertainty, hesitancy.	
Storming	Conflict, arguments between teammates or teammates and coach.	
Norming	Cohesion, establish relationships based on each other's strengths and weaknesses	
Performing	Flexible and efficient roles (good of the team). Competition time.	
Adjourning	Moving on phase due to end of season, graduation, injury, etc.	

Dealing with conflict: In what ways could you best deal with conflicts that arise during each phase?