



What is Group Cohesion in Sport?

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What is team cohesion?

A dynamic process, where a group sticks together to work toward its goals and/or to satisfy the emotional needs of the group members.



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As groups change and evolve, so do the reasons why members remain a part of the team.



3

Cohesion levels depend on:

- Perceptions of the team/group itself
- Perceptions of individuals



4

It is important to understand why individuals want to be apart of the team or group.



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Cohesion contributes to success!
Success fosters cohesion!

