Power of Touch- High Fives Matter!

The transfer of positive energy from one teammate to another is vital for championship level teams. During my 2 years as Video Coordinator at Florida, I studied our Power of Touch and accumulated data of over 200 practices and about 60 games.

Great teammates average over 4 touches a minute throughout a game or practice. I kept track of positive energy transfer and awarded a point value as some are more significant than another.

- Pick up off Ground (P)= 5
- Hug (H)=5
- Arm Around (A)=5
- Chest Bump =10
- High Five=1

Struggle to find ways to unify your team? Show them this data throughout the year to help them realize their potential.

We showed the team a graph when we lost two straight that our Power of Touch numbers were not just low, but staggeringly low. It was insane to think that you could have a game of 2,700 positive touches and then a game of 1,600. It blew their mind! Having it engrained in them also helps overcome bad calls, tough plays, and lessen momentum shifts because they are more together. Here some great resources to learn more:

The original analytical study of it done by Cal students:


Video on the Study: http://abcnews.go.com/Nightline/video/power-touch-13807555


Couple articles worth looking at:


https://www.tonyrobbins.com/mind-meaning/the-power-of-touch/


I am also reading "Flow in Sports: The keys to optimal experiences and performances" by Susan Jackson to see what I like out of it. I am All-In in this ideology. I think Urban Meyer refers to it as "Juice": (https://youtu.be/JxCwGt_Liwo?t=7m3s)