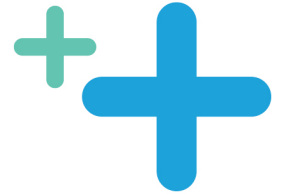




EMPOWERMENT MODULE 'CONTACT'

9-13yrs online sessions



CONTACT 1 - First Contact

SESSION:	40min (4 x 10 minute)
OUTCOME:	Introducing CONTACT to your team. What is contact about and how it works
RESOURCES	ONLINE Conferencing platform - CONTACT Players Resources worksheets (resources available at teamgem.com.au)

THE WARM UP!

Unpack your kit bag	Each week you will start your CONTACT session with a warm up. Checking in with your team. This is also an opportunity for them to check in with their team mates. Keep it simple by asking the question that each team member can answer; What did you learn about your self and/or your family this week? RUOK?
Gratefulness	Each week ask each team member; What are you grateful for this week. This question is a great way to get the team thinking with a positive mindset before heading into your CONTACT session.
Mindfulness	Each week review the mindfulness technique, ask them how they felt while doing it. They can take images of where and when they had their mindful moment. The Mindful Moment worksheet can be downloaded from the CONTACT Player Resources.

TRAINING (Session review - Discuss activities from last weeks training)

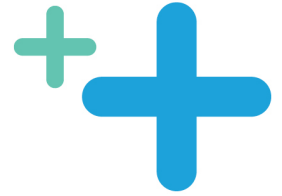
Activity	This activity is focused on talking about the previous weeks activities. For CONTACT 1 you will need to ask each team member to complete the Game Plan activities before CONTACT 2 .
Netball Skills Training Random Generator	Each week ask each team member to give one skill they did from their 'Skills Training Random Generator'. Print out the 'Skills Training Random Generator' to create your netball training session. You will need 3 skills for your training session. This can be downloaded from the CONTACT Player Resources





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CONTACT 1 - First Contact

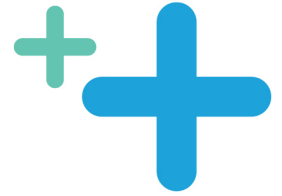
GAME PLAN (Session plan - Discuss activities to do before next weeks training)

Activity	<p>Personality Test - Complete the personality test. This can be downloaded from the CONTACT Player Resources. There is also a page to help them with the word meanings too.</p> <p>Who Am I ? - Colour in the strength words that describe you best. This can be downloaded from the CONTACT Player Resources</p>
Power Up	<p>Each team member can add this Power Up activity to their skills training session. They can video this or take a photo to show at the next CONTACT session. This can be downloaded from the CONTACT Player Resources</p> <p>Power Up - ATTACKING Zig Zag run x 5 times.</p> <p>Power Up Plus - Get someone to throw you a ball after you have zig zagged to each cone.</p> <p>A great power up activity to improve your change of direction.</p>

THE COOL DOWN

Affirmation and Power Pose	<p>Each week the team come up with a team affirmation and power pose that each team member can use during the week ahead whenever they feel alone or down. And to remind them that they are part of a team and that they have each others back. They can video or take photos of them doing the power pose and show it at the next CONTACT session</p>
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CONTACT 1 - First Contact

Discussion Points

The Warm Up

- This is all about checking in with each other, asking the question; Are you OK?
- Letting them know that this is a safe space for them to share with their team mates
- Have each team mate say something they are grateful for at the moment
- Make sure every team mate gets an opportunity to share
- Mindfulness. Encourage them to practice the technique on the Mindful Moment worksheet, as the more they practice the better they will get

Training

This activity is focused on talking about the previous weeks activities. For **CONTACT 1** you will need to ask each team member to complete the Game Plan activities before **CONTACT 2**.

- Briefly discuss the traits of each of the four personality animal types. This can be downloaded from the CONTACT Player Resources

Game Plan

All the activities that the team can do before your next CONTACT session.

- Run through what each activity is and where they can find it on the Team GEM website. CONTACT Players Resources.
- Remind them that they can get someone at home to help them



+ Power Up

Each team member can add this Power Up activity to their skills training session.

They can video this or take a photo to show at the next CONTACT session. This can be downloaded from the CONTACT Player Resources