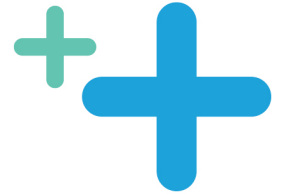




EMPOWERMENT MODULE 'CONTACT'

9-13yrs online sessions



CONTACT 2 - Discovering Self

SESSION: 40min (4 x 10 minute)

OUTCOME: Discover how your strengths and differences can be used to give to others.

RESOURCES ONLINE Conferencing platform - CONTACT Players Resources worksheets (resources available at teamgem.com.au)

THE WARM UP!

Unpack your kit bag

Check in with your team and your team mates.

What did you learn about your self and/or your family this week? RUOK?

Gratefulness

What are you grateful for this week

Mindfulness

Review the mindfulness technique on your Mindful Moment Worksheet. Swap images or stories of where and when you were mindful

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

Activity

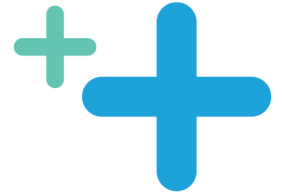
Me and My team - Have each team member reveal their personality animal and one strength from their animal that they think represents them.

Write your team members personality animal and their strength on your worksheet. Don't forget to ask your Coach what they are, they are part of the team too. This worksheet can be downloaded from the CONTACT Player Resources

**Netball Skills Training
Random Generator**

Review your 'Skills Training Random Generator' training session. Have each team member name 1 skill they did, are there any videos or photos to show?





CONTACT 2 - Discovering Self

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

Activity

I AM SPECIAL - Downloaded the I am Special Poem from the CONTACT Player Resources. Have each team member read through the 'I AM SPECIAL' poem in and decorate the page to make it as special as they are.

Ask them to choose a favourite line from the poem, be ready to recite it at your next CONTACT session. If time allows ask them why that line was special to them.

Power Up

Power Up - DEFENDING Jump to 90cm x 5 times.

Power Up Plus - Grab someone at home and have them throw a ball in the air. As soon as they catch the ball, you have to jump back 90 cm, and then practice having both hands active over the ball

Remember get back 90cm before you put your hands up!

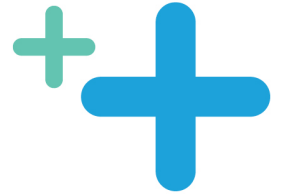
The Power Up session can be downloaded from the CONTACT Player Resources

THE COOL DOWN

Affirmation

Come up with a team affirmation and power pose that you can use during the week ahead to flip your mood.





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

- Briefly discuss the traits of each of the four personality animal types. These can be found in the Personality test which you can download from the CONTACT Player Resources
- Point to the animal types and their strengths.
- Allow them to choose other words from different animal types if they wish
- They don't need to be boxed in. This is just a reflection of how they responded to the questions on the personality test right now. They will find when they do the test in a years time they may be different

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 [teamgem.com.au](https://www.teamgem.com.au). in CONTACT Players Resources.
- Remind them that they can get someone at home to help them

