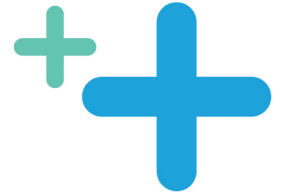




## EMPOWERMENT MODULE 'CONTACT'

9-13yrs online sessions



# CONTACT 5 - My Profile

<b>SESSION:</b>	40min (4 x 10 minute)
<b>OUTCOME:</b>	Develop an understanding of our own personal value
<b>RESOURCES</b>	ONLINE Conferencing platform - CONTACT Players Resources worksheets (resources available at <a href="http://teamgem.com.au">teamgem.com.au</a> )

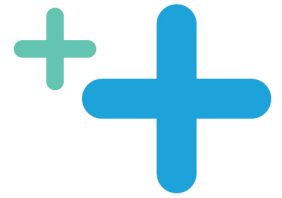
### THE WARM UP!

<b>Unpack your kit bag</b>	Check in with your team and your team mates. What did you learn about your self and/or your family this week? RUOK?
<b>Gratefulness</b>	What are you grateful for this week
<b>Mindfulness</b>	Review the mindfulness technique in your journals. Swap images or stories of where and when you were mindful

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

<b>Activity</b>	<b>My Passion</b> - What are you passionate about and how can you show others and let them know? Show us your Passion Poster. Can your team mates guess what it is you love and who you are? Have each team mate hold up their Passion Poster, the other team mates have to talk about what they see and guess what it is their team mate is passionate about. Did they get it right.
<b>Netball Skills Training Random Generator</b>	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 5 - My Profile

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

#### Activity

**My Profile** - Using some of the things you discovered creating your passion poster, create your very own player profile. Answer the questions on the My Profile worksheet. This worksheet can be downloaded from the CONTACT Player Resources

#### Power Up

**Power Up** - ATTACKING SKILLS Catch and Pass X 10 times (Ask your family to join in and help you with this one)

**Power Up Plus** - Put the cones further apart and add a defender inside the diamond with you. Using the same techniques to change direction, see if you can get past the defender to receive the pass.

Keep your eye on the ball!

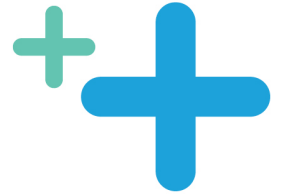
The Power Up session can be downloaded from the CONTACT Player Resources

### 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

- Discuss what they discovered about their passions
- Does their Passion poster show clearly what they are passionate about
- Could they change anything about the message they are sending about their passion

### 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](http://teamgem.com.au) in CONTACT Players Resources.
- Remind them that they can get someone at home to help them
- Use your passions to help create your profile poster. Make sure it represents YOU.

