

## CONTACT 6 - Team Contact

<b>SESSION:</b>	40min (4 x 10 minute)
<b>OUTCOME:</b>	Creating a team plan to stay in CONTACT
<b>RESOURCES</b>	ONLINE Conferencing platform - CONTACT Players Resources worksheets (resources available at <a href="http://teamgem.com.au">teamgem.com.au</a> )

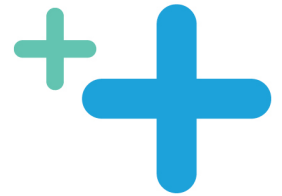
### THE WARM UP!

<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 Profile</b> - Have each Team member show their Player Profile. Does it reflect their passions?
<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?





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

#### Activity

Team Contact - We are a team and now we all know each others strengths and passions. It's important that we all stay contact with each other during our netball season even though it doesn't look and feel like our normal season. Using the TEAM CONTACT worksheet come up with a weekly plan to stay in CONTACT this season.

#### Power Up

**Power Up** - DEFENDING SKILLS X 10 times (Ask your family to join in and help you with this one) SET UP THE SAME AS POWER UP ATTACKING SKILLS. (found in your journal)

Put the cones further apart and add an attacker inside the diamond with you. To defend you need to stand in front of the attacker and see if you can anticipate which way they will go. Then intercept the pass.

Keep your chin up and your eye on the ball!

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

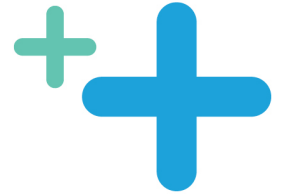
The Power Up session can be downloaded from the CONTACT Player Resources

### 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

- Did their player profiles represent them? Did it show what they are passionate about
- Is their player profile sending a positive message
- Could they change anything about the message they are sending

### Game Plan

Now you are a team and know each others strengths and passions. It's important that we all staying contact with each other during our netball season even though it doesn't look and feel like our normal season. Using the TEAM CONTACT worksheet found in the CONTACT Coaches Resources to come up with a **weekly** plan to stay in CONTACT this season.

The TEAM CONTACT worksheet is available for download at [teamgem.com.au](http://teamgem.com.au) in Coaches Resources

