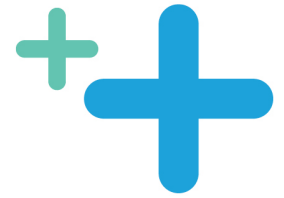




EMPOWERMENT MODULE 'CONTACT'

9-13yrs online sessions



TEAM CONTACT WORKSHEET HOW TO

SESSION DATE:

Decide on a day and time that suits the whole team and **lock it in.**

SESSION TIME:

20 minutes

PLATORM LINK:

Select an online platform that works best for you and your team. You can continue with ZOOM or use something else like; GOOGLE HANGOUTS/MICROSOFT TEAMS. The most important thing is to stay in CONTACT. **Insert the link here for your team to access.**

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 in your journals. Swap images or stories of where and when you were mindful

TRAINING (Send this to your team so they can prepare for the TEAM CONTACT session)

Activity

Team Bonding Activity. Come up with some team bonding activities that the team can do together while online. Ask the team to come up with ideas each week.

If you need some inspiration go to teamgem.com.au CONTACT Resources posters & flyers

Keeping up your Netball skills

Download Version 2 of the Netball Skills Training Random Generator from The CONTACT Player Resources

Try these sites and providers as well to keep you netball fit and game ready; NetFit / Netball NSW NetSetGo resources

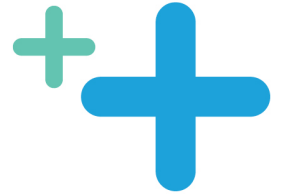
THE COOL DOWN

Affirmation

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



TEAM CONTACT WORKSHEET



SESSION DATE:

SESSION TIME:

20 minutes

PLATORM:

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Keeping up your Netball skills



THE COOL DOWN

Affirmation