EMPOWERPLAY

EMPOWERED MODULE

Presenter Manual

NOVEMBER 2022 EDITION

Your comprehensive guide for successful implementation of the EmpowerPlay program.

Our program delivers a platform of self-worth

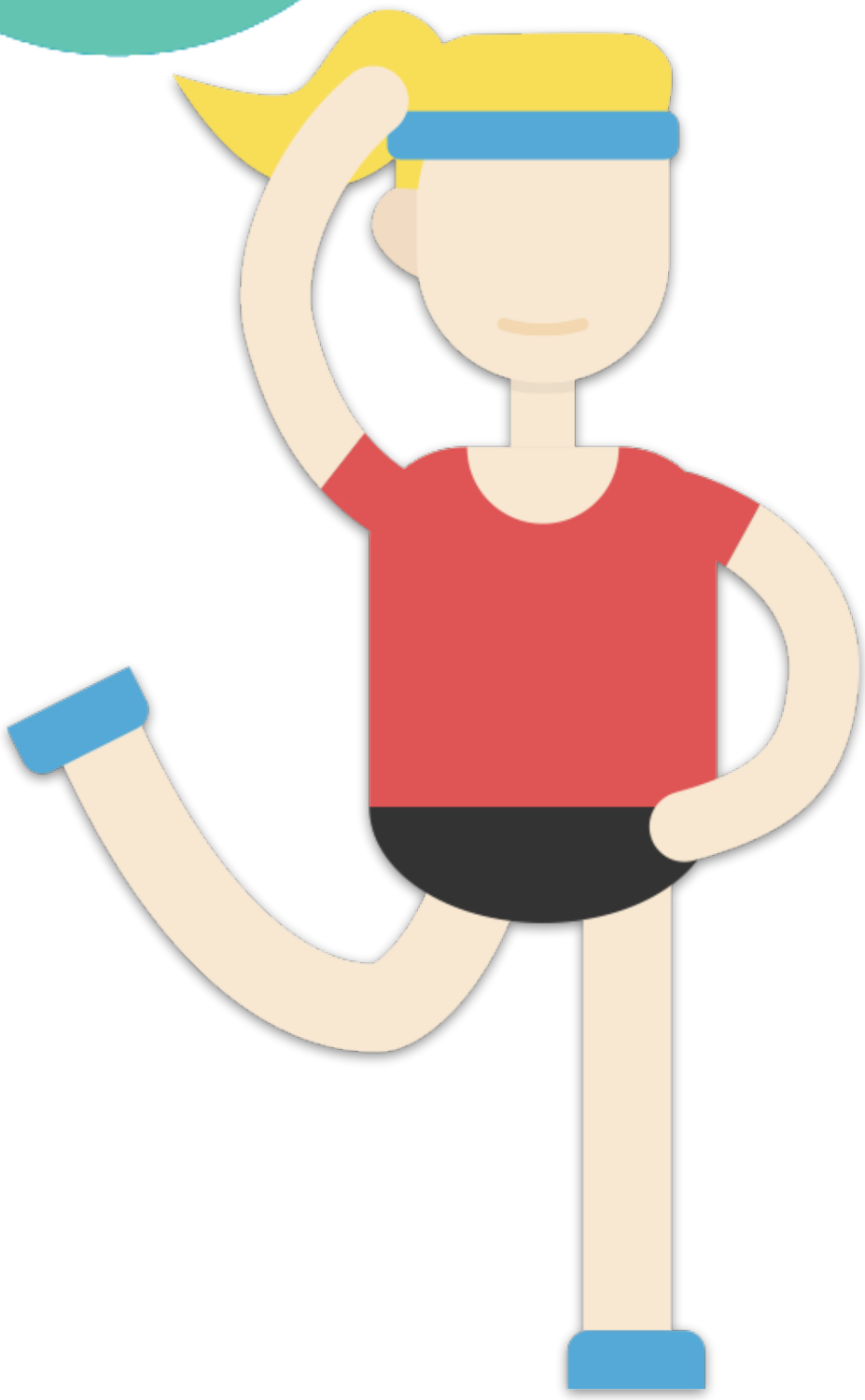
The Empowered Module is about the individual developing their self-confidence and becoming self-aware so they can value their potential relationships and passions.

The Empowered Module activities focus on the individual participant learning about and knowing who they are and understanding how they fit into a team

OUTCOMES

Discovering Strengths	Participants will discover and understand their strengths and differences and of those around them.
Know your Value	Develop an understanding of a participant's own personal value.
Find your Passions	Finding our passion and understanding how we choose to show it.

DISCOVERING **STRENGTHS**



EMPOWERED MODULE

9-13yrs

Session 1 - Discovering Strengths

SESSION:	30min POWER
TIMING:	40min PLAY
OUTCOME:	Discover and understand strengths and differences, and those of their teammates

POWER		
Unpack your kit bag	Check in	(5min)
Activity 1	Who Am I?	(10min)
Activity 2	ME & MY Team	(5min)
Activity 3	Netball Scenario	(10min)
PLAY		
Activity 4	Clear your mind	(2min)
Activity 5	Finding your feet	(20min)
Activity 6	Blind Retriever	(20min)

What You Will Need

POWER

- Pre-Survey
- Empowered Journal
- Paper bags
- Post it notes
- Parent Handout

PLAY

- Cones
- Buckets
- Smaller sized balls (i.e tennis/stress)
- Blindfolds/fabric strips

PRE ACTIVITY :

Pre-Survey and Personality test

POWER ACTIVITY

Personality Test and Pre Survey

- Deliver/Handout the Empowered Journal at least one week prior to the first session. Have each participant complete the Personality Test in the Empowered Journal before they arrive and ask them to bring it to the session

RESOURCES

- Empowered Journal
- Coach Playbook

DISCUSSON POINTS

- Parents/Carers should help out with this using the personality test.

UNPACK YOUR KIT BAG:
Check In

POWER ACTIVITY

Unpack your Kit Bag

Unpacking your kit bag is how we show compassion and gratefulness as leaders and team mates. By taking the time before each session, be that coaching, umpiring mentoring, we are creating a moment in time to debrief, be grateful and clear our mind before we take on the task ahead. Start each session with the following:

Check In

A great way to begin each session is to check in with your coach and your team mates. It doesn't take long and is a great opportunity for you to show your team mates that you are "Here if you need". Here are some Check In's you could try:

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

Gratefulness

This is about showing gratitude for our teammates and their differences. Remembering what we are grateful for can build us up when times are tough.
What are you grateful for this week?

Mindfulness & Breaking the tension

An awesome way to prepare yourself for training or a game is to take some time to relax your mind and allow yourself to focus on the task ahead. Being mindful allows us to hear our inner bestie telling us, 'I can, I am enough and I have hope'.

- Find yourself some space where you can sit or lay down.
- Close your eyes
- As you take in a deep breath, squish your toes, tighten the muscles in your legs, suck in your tummy, make fists with your hands, tighten the muscles in your arms, raise your shoulders to your ears. Hold the tension for a few seconds.
- Now slowly breath out and release all your tight muscles, relax your shoulders and open up your hands
- Take one more breath in and out

ACTIVITY 1:
Who Am I?

POWER ACTIVITY

Who Am I?

- Ask each participant to look at their personality and their perceived strength and weaknesses
- Give each participant the animal badge of their personality. (Lion, Otter, Beaver, Golden Retriever)
- Each participant writes their animal personality down into their journals

RESOURCES

- Personality type descriptions.
- Strength words in the journal..

DISCUSSON POINTS

- As you show the animal types from powerpoint presentation, briefly discuss the traits of each of the four types
- Using the Strength words in their journal discuss how they felt about being that animal and allow them to choose other words from different animals if they wish
- They don't need to be boxed in, this test is just an observation of how they responded to the questions right now. Be mindful that the results of the test could be different each time they do it
- When I am being kind to myself which of my strengths am I using?
- When I am being unkind to myself which of my weaknesses is being used?
- Note - The weakness list is just how people might see them. It is not a bad thing that needs to be changed
- Note - This test is at the beginning of every module to reinforce differences and to observe if changes are occurring. I can change the culture of your club in a positive way if reinforced every year

ACTIVITY 2:
Me & My Team

POWER ACTIVITY

Me & My Team

Ask the participants to record all their teammate's personalities in their Empowered Journal and note down one of their strengths.

RESOURCES

- Personality type descriptions..
- Strength words in the journal..

DISCUSSON POINTS

- Discuss what each personality type brings to the team

- Talk about what would happen on the team if everyone was the same, and how the dynamics of the team might be dependent on the personality types represented

ACTIVITY 3:
Netball Scenario

POWER ACTIVITY

Me & My Team

- Gather each of the personality types into individual groups; All the Lions in one group, Otters all together, Beavers in a group and Golden Retrievers all together.
- Using butcher's paper have your group write down ideas on how they would respond to this scenario
- Read through the scenario
- After a bit of time have a representative share their personality group's response

SCENARIO: Your team looks very different from last year. You have several new players in the team and some of them play the same position as you. It's now the second Saturday in a row that they have taken the court in your position. How do you deal with this; on the sideline and at training?

RESOURCES

- Butches Papers
- Textas

DISCUSSON POINTS

- How is everyone acting and feeling'?
  How did each personality type respond/what are the differences?
- How would this work with a mix of different personalities
  How you can help each other in this situation?

ACTIVITY 4:
Clear your mind

PLAY ACTIVITY

Clear your mind

Mindfulness is the art of paying attention to something on purpose, being aware of your thoughts and feelings. It's about being in the moment. Try this activity to help them clear their minds and be ready for their next netball game.

- Each Participant takes a cone and lays down on the ground.
- Place the cone on your stomach or chest.
- Slow down your breathing and watch/focus on the rise and the fall of the cone
- After 2 minutes, rise to your feet slowly

RESOURCES

- Marker Cones

DISCUSSON POINTS

- Keep your voice in a steady and soft tone
- Mindfulness is all about being present in the moment

ACTIVITY 5:
Finding your feet

PLAY ACTIVITY

Finding your feet

You might need to take this one outside!

- This Activity focusses on the individual Attacking and Defensive Footwork
- Set up a rotating circuit (2-5 x attacking footwork stations and 2-5 x defensive footwork stations) Coaches can make their own skills or use some examples found on the Netball NSW site
- Players rotate the skills every 2-3 minutes
- Use coaches to mentor each station

RESOURCES

- Coaches and or Managers or Facilitator helpers
- Makers, Balls, Cones, Chalk

DISCUSSIONS

- If in small groups, It might be interesting to first try grouping in their personality types and watch the dynamics and then after a few rotations, complete in the skills in teams or mixed personality types
- Compare the difference in the team work, what were the strengths?

ACTIVITY 6:
Blind Retriever

PLAY ACTIVITY

Blind Retriever

You might need to take this one outside!

- This activity focusses on Communication and Teamwork.
- Form several small groups, ensuring a variety of personality types in each group.
- Place buckets randomly around the court and assign each group with one bucket each.
- Scatter smaller sized balls and cones on another court
- One person is blind folded in each team and directed by their teammates using simple commands to collect more balls/cones than the other team/s

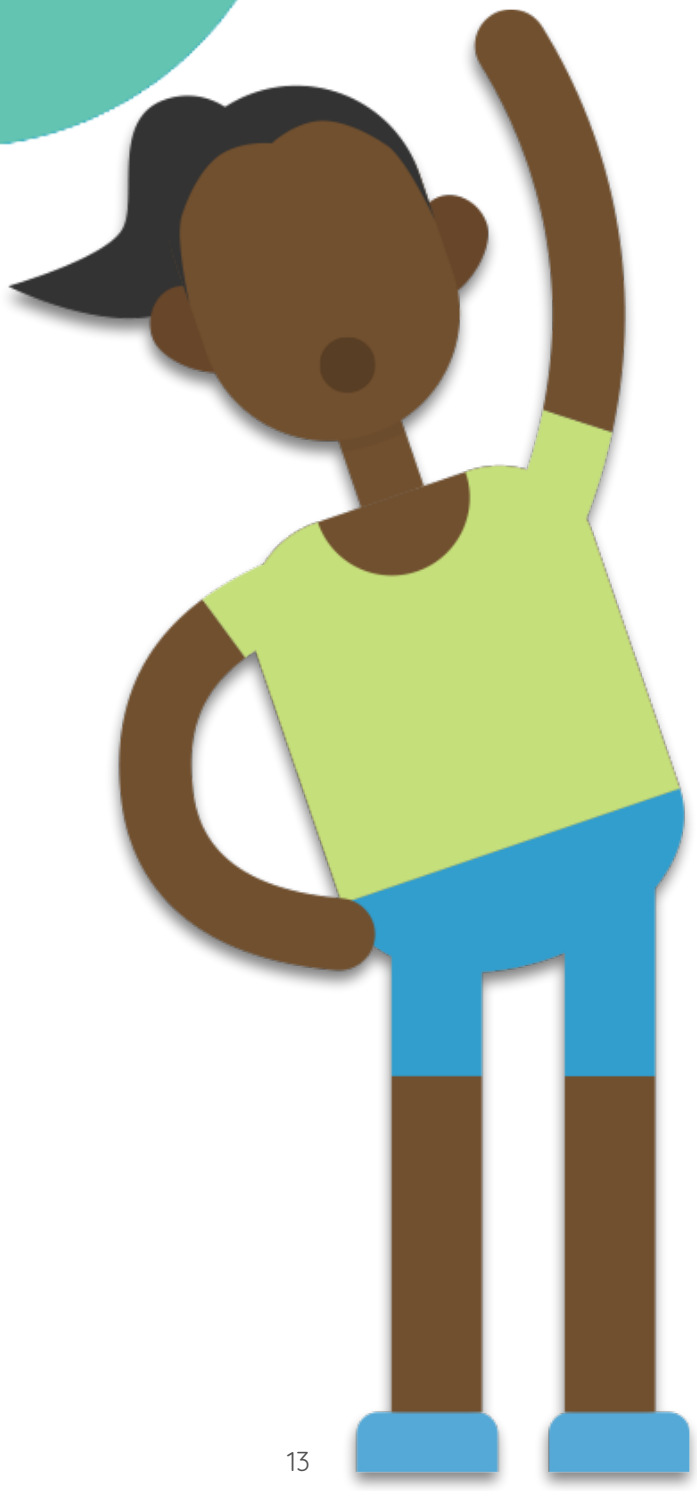
RESOURCES

- Buckets
- Smaller sized balls, tennis or handballs
- Strips of fabric for blindfolds

DISCUSSIONS

- Remember to use your knowledge on personality types!
- Try having a Golden Retriever lead and a Lion blindfolded/an otter lead a beaver, etc.
- What did you learn about others?

KNOW YOUR **VALUE**



EMPOWERED MODULE
9-13yrs

Session 2 - Know your Value

SESSION:	30min POWER
TIMING:	40min PLAY
OUTCOME:	Develop an understanding of a participant's own personal value

POWER		
Unpack your kit bag	Check in	(5min)
Activity 1	You are Special Poem	(10min)
Activity 2	Self Esteem Portait	(10min)
Activity 3	Power Pose	(5min)
PLAY		
Activity 4	Clear your mind	(2min)
Activity 5	You've got this	(20min)
Activity 6	Loop-de-Loop	(15min)

What You Will Need

POWER

- Empowered Journal
- Parent Handout

PLAY

- Cones
- Hula Hoops
- Netball per participant

UNPACK YOUR KIT BAG:
Check In

POWER ACTIVITY

Unpack your Kit Bag

Unpacking your kit bag is how we show compassion and gratefulness as leaders and team mates. By taking the time before each session, be that coaching, umpiring mentoring, we are creating a moment in time to debrief, be grateful and clear our mind before we take on the task ahead. Start each session with the following:

Check In

A great way to begin each session is to check in with your coach and your team mates. It doesn't take long and is a great opportunity for you to show your team mates that you are "Here if you need". Here are some Check In's you could try:

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

Gratefulness

This is about showing gratitude for our teammates and their differences. Remembering what we are grateful for can build us up when times are tough.
What are you grateful for this week?

Mindfulness & Breaking the tension

An awesome way to prepare yourself for training or a game is to take some time to relax your mind and allow yourself to focus on the task ahead. Being mindful allows us to hear our inner bestie telling us, 'I can, I am enough and I have hope'.

- Find yourself some space where you can sit or lay down.
- Close your eyes
- As you take in a deep breath, squish your toes, tighten the muscles in your legs, suck in your tummy, make fists with your hands, tighten the muscles in your arms, raise your shoulders to your ears. Hold the tension for a few seconds.
- Now slowly breath out and release all your tight muscles, relax your shoulders and open up your hands
- Take one more breath in and out

ACTIVITY 1:
You are Special

POWER ACTIVITY

You are Special

- Read the You are Special poem out loud to the group or ask a participant to read it.
- Each participant can colour and decorate the page in their journal

In all the world there is nobody like you Since the beginning of time there has never been another person like you Nobody has your smile, your eyes, your hands,
Nobody owns your handwriting, your voice Nobody can paint your brushstrokes Nobody has your taste for food or music
or dance or art
Nobody else in the world sees things as you do.
You are Special
In all the time there has never been anyone who laughs in exactly your way
Your different from any other person who has ever lived in the history or the world
You are the only one in the whole of creation who has your particular set of abilities
Nobody in the world can reach the quality of the combination of your talents, your feelings
Through all eternity no one will ever walk, talk, think or do exactly like you
Your rarer and in all rarity there is enormous value and
Because of your value the need for you to imitate someone else is absolutely wrong.
You are Special

RESOURCES

- Journal
- textas

DISCUSSON POINTS

- Discuss how the words in the poem made you feel.
- Highlight the need to be grateful for who we are and appreciate our differences.

ACTIVITY 2:

Self Esteem Portrait

POWER ACTIVITY

Self Esteem Portrait

- Ask each participant to draw a portrait of themselves
- Focusing on them expressing how a positive and special them would look

RESOURCES

- Journal

DISCUSSON POINTS

- Discuss participants favourite shapes, colours and netball teams.
- Remind them of the strengths they discovered about themselves. Can they draw this?
- Highlight that this is how they positively see themselves

ACTIVITY 3:

Power Poses

POWER ACTIVITY

Power Poses

- Have all your participants stand up around the room
- Ask each participant to think of when something has gone wrong or when they have failed. Ask them to then create their body language in this situation.
- Get them to think of when something great happened.
  Again, ask them recreate their body language in this type situation.
- Gather all the participants outside and take a 'Power Pose' team photo/s to post on your clubs social pages.
- This means finding a pose that you feel most confident in. Is it hand on hips, arms crossed, hands in the air

RESOURCES

- journal

DISCUSSON POINTS

- What is the difference in body language between failure and success
- Failure/Loosing
  - How did they feel when this happened?
  - How did their body make them feel?
  - Were they slumped, frowning, crying, sitting in a ball, etc.?
- Success/Winning
  - Now how did they feel when something great happened?
  - How did their body react this time?
  - Were they standing tall and proud, or doing the sign of victory?
- Sometimes we can use and recreate our power pose when we feel down to make us feel a bit stronger and positive.
- Why not use it before your next game!

ACTIVITY 4:
Clear your mind

PLAY ACTIVITY

Clear your mind

Mindfulness is the art of paying attention to something on purpose, being aware of your thoughts and feelings. It's about being in the moment. Try this activity to help them clear their minds and be ready for their next netball game.

- Each Participant takes a cone and lays down on the ground.
- Place the cone on your stomach or chest.
- Slow down your breathing and watch/focus on the rise and the fall of the cone
- After 2 minutes, rise to your feet slowly

RESOURCES

- Marker Cones

DISCUSSON POINTS

- Keep your voice in a steady and soft tone
- Mindfulness is all about being present in the moment

ACTIVITY 5:
Umpires Rule

PLAY ACTIVITY

You've got this

- This Activity focusses on developing the individual ball handling skills and passing techniques of each participant
- Set up 2-5 reaction ball work stations – players will work individually
  Coaches can make their own skills or use any from the NetSetGo drills
- Set up 2-5 passing stations – players can work in pairs
  Coaches can make their own skills or use any of our Examples
- Rotate the groups through all the stations as a circuit and run each station for 2-3 mins.

RESOURCES

- Journal
- NetSetGo
- Any equipment as required (i.e. Marker Cones, Balls, etc.)

DISCUSSON POINTS

- Ask your participants to remember their Strengths of the Self Esteem Netball and use these to bounce back when an activity isn't going as well as they would like, perhaps a power pose might help!

ACTIVITY 5:
Loop-de-Loop

PLAY ACTIVITY

Loop-de-Loop

- Create teams of 8 or more and ask each group to hold hands.
- Start one hula-hoop hanging over one pair of joined hands.
- Each person must pass through the hoop whilst staying connected at all times.
- Add more hoops for fun or even have a race amongst the teams

RESOURCES

- Hula Hoops

DISCUSSON POINTS

- Focuses on problem solving and team work. It is also a fun way to encourage the player to look at their own strengths and weaknesses and how to use the strength of their teammates to get the job done.
- Everyone has a role to play.

FINDING YOUR **PASSIONS**



EMPOWERED MODULE
9-13yrs

Session 3 - Finding your Passions

SESSION:	30min POWER
TIMING:	40min PLAY
OUTCOME:	Finding our passion and understanding how we choose to show it.

POWER		
Unpack your kit bag	Check in	(5min)
Activity 1	My Passion	(10min)
Activity 2	My Profile	(10min)
Activity 3	THINK	(5min)
PLAY		
Activity 4	Clear your mind	(2min)
Activity 5	Everyone has a role to play	(20min)
Activity 6	Smelly Shoe Tower	(15min)

What You Will Need

POWER

- Empowered Journal
- Parent Handout

PLAY

- Cones
- Netballs
- Whistle
- Stopwatch/Timer

UNPACK YOUR KIT BAG:
Check In

POWER ACTIVITY

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- Now slowly breath out and release all your tight muscles, relax your shoulders and open up your hands
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ACTIVITY 1:
My Passion

POWER ACTIVITY

My Passion

- Use the Presentation deck/Powerpoint slides to look at social media pages (Instagram) of some of the Australian Diamonds, NSW Swifts, GIANTS Netball, etc.
- Get the participants to guess what each person is passionate about
- What messages are they sending
- Using images and inspiring quotes or words to create a passion poster in the Empowered Journal

RESOURCES

- Journal

DISCUSSON POINTS

- Discuss what they learnt about the Athlete passions from the images they were shown.
- I.e. passion for family, friends, health, food, fitness, career, etc.
- What image/message do your participants want to send out?
- Would you change anything about the current messages you're sending?

ACTIVITY 2:
My Profile

PLAY ACTIVITY

My Profile

Now that they have discovered what they are passionate about. Have each participant complete their profile. Answer the My Profile questions found in their journals

RESOURCES

- Journal
- Textas

DISCUSSON POINTS

- What are YOU passionate about?
- How well does your profile represent your passions?
- Have some of them share their Profile
- This is a great way for them to find out more about their teammates

ACTIVITY 3:
THINK

PLAY ACTIVITY

THINK

- Social media is a one way they can display all the things they are passionate about.
- It can also be how they are around their team mates
- In the journal have each participant fill in each of the THINK circles.
- Make it something that is True, Helpful, Inspiring, Necessary and Kind about themselves.

RESOURCES

- Journal

DISCUSSON POINTS

- If you have a group that is active on social media, discuss how it is an opportunity to display their passion
- Talk about always showing respect for their team mates and their passions

ACTIVITY 4:
Clear your mind

PLAY ACTIVITY

Clear your mind

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- After 2 minutes, rise to your feet slowly

RESOURCES

- Marker Cones

DISCUSSON POINTS

- Keep your voice in a steady and soft tone
- Mindfulness is all about being present in the moment

ACTIVITY 5:
Everyone has a role to play

PLAY ACTIVITY

Everyone has a role to play

- This Activity focusses on developing the individual ball handling skills and passing techniques of each participant
- Select 3 or 4 of your favourite team ball drills and set up each drill as a rotational station
- Create groups and have a coach for each station
- Run each station for 5 minutes then rotate the participants.
- Make sure any players on the sideline are given a role to play; Umpire, Coach, Manager

RESOURCES

- Netballs
- Cones / Markers

DISCUSSON POINTS

- The session focuses on bringing together the skills developed from sessions one and two using team ball drills.
- Think about how you receive and give instruction/communication
- How you can help your teammates with your strengths and vice versa

ACTIVITY 6:
Smelly Shoe Tower

PLAY ACTIVITY

Smelly Shoe Tower

- Everyone takes their shoes off.
- Each team is to construct a tower of shoes in a limited time frame of 3 minutes.
- Best of 4 rounds wins.

RESOURCES

- Shoes
- Stopwatch / Timer

DISCUSSON POINTS

- Focuses on communication and team work. It is also a fun way to encourage the group to use what they have learnt about the different personality types.
- Who's taking charge? Who has the strategy?

THIS IS **EMPOWERED**



REFERENCES

- Smalley and Trent, 1999, Smalley Animal Personality test. Retrieved from https://www.smalleyinstitute.com/offers/hg4XtVwE
- Long, Shannon, 2011, THINK before you post poster. Retrieved from http://www.technologyrocksseriously.com/2014/10/before-you-post- think.html#.WrmK82ZL3EY

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The Empowerment Journal is to be used in conjunction with the EmpowerPlay program, created by Team GEM in partnership with Netball NSW. The EmpowerPlay program is available to all Netball NSW members and its affiliated Clubs. For more information on how you can run the EmpowerPlay program at your netball club go to www.empowerplay.com.au and register.