

Catch it



Motivation & Leadership

TIMING: 20-25 mins
WHAT: Movement Activity
WHEN: Training Activity
WHO: Group

SET-UP AND GEAR

- An object that falls relatively slowly once dropped (tissue, paper, balloon, etc.)

INTENDED OUTCOMES

- Players have fun and bond with their teammates, while supporting and motivating each other.

ACTIVITY SUMMARY

This is a fun, competitive activity that gives players the opportunity to motivate and support each other. Two teams compete against one another to catch a falling object before it hits the ground.

Activity Outline

2 mins (set-up) The coach explains the activity and divides players into two teams, organising them into two lines facing one another. Every player on each team is assigned a number, e.g. Team One has players numbered 1-10, and Team Two also has players numbered 1-10. There should be two of every number, one on each team.

5 mins The coach holds the balloon up between the two teams and yells out a number; the players from both teams with that number run and try to catch the balloon before it falls to the ground. If you can catch it first, you get a point, but only if you can make it back to your side without the opposite team tagging you.

After approximately five rounds of this, give the teams a timeout and ask them to go into a huddle to discuss tactics and motivate each other. Call out three numbers - those players must lead the discussion.

10-15 mins Repeat as time allows, taking breaks every so often and allocating different numbers for players to lead the huddle discussions. This gives players an opportunity to motivate one another and practise their leadership skills. It's important that each player gets the opportunity to speak during the motivational timeouts.

Activity Outline (CONTD.)

2 mins

Gather the players together at the end of the activity and ask them what they learned from it. The goal was for the players to work together and communicate. Ask the players to identify:

- How did they work as a team?
- What helped them stay motivated?
- What did they say to one another during their timeouts?
- What did they learn from this activity that might help them during games/competitions?

Tips & Tricks

- The motivational timeouts can be integrated into various activities, giving players the opportunity to develop their leadership and motivational skills.

PILLAR INSIGHTS

This fun competitive activity gives young people the opportunity to work collaboratively with others and get them thinking about their leadership role within their team or group.



PSYCHOLOGICAL

It's important to help young people discover their strengths; leadership looks different for everyone, and each person brings unique skills and abilities to a team. Sports gives players a brilliant opportunity to learn what their strengths are and how they can best contribute in a team-oriented environment.