

Hot Potato



Building Confidence

TIMING: 30 mins
WHAT: Ball & Movement Activity
WHEN: Training Activity
WHO: Group

SET-UP AND GEAR

- A large enough space for each team to spread out to kick/pass the ball to one another.
- Any type of ball depending on your sport or what is available.

INTENDED OUTCOMES

- Players encourage and praise their teammates, fostering positive interpersonal relationships.
- Players build their confidence and resilience, learning that making mistakes is all part of the process of skills development.

ACTIVITY SUMMARY

This activity is a great way for players to build their confidence and work on their hand-eye coordination. Teams must stand in a circle and throw (or kick/pass) the ball to one another. Every time a pass is completed, they take one step backwards. As the circle gets larger, the game becomes more difficult.

Activity Outline

2 mins (set-up) The coach explains the activity, divides the players into teams (approx. 6 players in each team) and reminds them that the goal for this activity is, to develop their catching and passing skills as well as their confidence.

2 mins Players in each team start off in a small circle facing one another. The ball can be passed in a clockwise or anti-clockwise direction. Every time a pass is completed, they must take one step backwards. If they drop the ball, they must take two steps forward (to make the circle smaller).

It's important to remind players that making mistakes is all part of the process. Each player is responsible for praising their teammates' efforts and encouraging each other along the way.

Set a timer for approximately 5-10 minutes (depending on the ability of your players and time constraints). Intermittently remind players of how much time they have left.

Activity Outline (CONTD.)

5 mins Blow your whistle when time is up. Have a look at the different teams and check which team has the biggest circle! Gather the players together at the end of the activity and ask them what they learned from it. Ask the winning team to share what they thought they did well as a team (e.g. calling each other's name before passing, not rushing, encouraging one another etc.)

The goal is for the players to understand that although they may not get something right the first time around, they should work to support one another to make sure everyone has the confidence to try and try again.

5-10 mins Optional
Mix up the teams and give them another chance to try this activity, encouraging them to try out to put into practice things they learned from the first time round

Tips & Tricks

- Try to build up players' confidence during the activity through positive reinforcement. Any time you see a player working hard, putting in the effort, offering support and encouragement to their teammates - praise them and highlight what they were doing well (e.g. 'Well done Sean, keep up the effort', 'Great attitude Jane, keep it up' etc.).
- To slow down the game you can change the rules slightly so that the group can only make the circle bigger once they have successfully made 6 passes (the full way around the group).

PILLAR INSIGHTS

This is a team game that involves fun and encourages team members to get behind one another. To build confidence in young people it's really important to praise the process and effort, not the outcome.



PSYCHOLOGICAL

Praise that focuses on effort leads young people to focus on the process and development of learning skills, leading to greater motivation to keep trying and working hard. Young people can feel positive emotions even after mistakes, this helps to build their resilience and confidence.



SOCIAL

It's important to remind the players that they are responsible for contributing to the team spirit and for encouraging their teammates. Fostering positive interpersonal relationships between team members helps to proactively retain young people in sport.