

Check-in Check-out



Tuning into your body

TIMING: 10 mins
WHAT: Reflection Activity
WHEN: Training Activity
WHO: Group

SET-UP AND GEAR

- N/A

INTENDED OUTCOMES

- Players are given the opportunity to share with their teammates.
- Creation of a safe, open, and positive space for all players.
- Players learn to tune into how they are feeling.

ACTIVITY SUMMARY

This activity is a great opportunity for the coach and players to reflect on a question and share with the group. It is an excellent activity to open/close a training session.

Activity Outline

Set-up The coach chooses a question for the check-in/out activity: the choice may be different depending on what the focus is for that day.

When asking a question, the coach should consider the following aspects:

- How much time do you have for the check-in/out?
- Does the question invite each player to tell a 3-5 minute story, one or two words, or one or two sentences?
- How can the check-in/out connect with and support your aim for that training session or game?
- What kind of mood do you want to create? (e.g. energetic, serious, motivated, etc.)

5 mins The coach explains the activity and asks players to form a circle facing one another. Once all players are huddled up, the coach poses the check-in question. One-by-one players check-in, either in order around the circle or at random - it's important that every player is given the opportunity to check-in.

5 mins Repeat the above process again at the end of the training session - ask the same question and note if the players answers have changed.

Tips & Tricks

- This activity supports the Check-in Diary activity as it encourages players to reflect on how they are feeling.
- It engages and focuses players for the training session, and provides an opportunity for the coach to gauge the mood of their players.
- It's important as a coach, that you also participate in the check-in/check-out.
- To manage time effectively, the coach can introduce different constraints in the check-in/out depending on the time they intend to spend on the activity.
For example:
 - "In one word..."
 - "In two words..."
 - "In one sentence..."
 - "Think of three things..."
 - "Take as much time as you need..."

CHECK-IN/CHECK-OUT SAMPLE QUESTIONS

- Name one thing you want to focus on in today's training?
- In one or two words, what would make today's training fun?
- What will you do today to make today's training a success?
- How are your energy levels today? (scale of one - ten)
- Are you feeling motivated today? (scale of one - ten)
- In one word, describe how you are feeling about the upcoming game.
- What are you finding challenging at the moment?
- What are you excited or worried about?
- What's happened since we last met?

When a group knows each other well, or when the mood fits, the coach can introduce play/fun into the questions:

- What animal/sound/movement represents your mood today?
- What song/movie/story represents your mood today?
- What is your superhero power pose?
- What's one thing that brings you energy and joy?
- What is a recent success you've experienced?

PILLAR INSIGHTS

This activity holds space for players to communicate and connect with their coach and teammates. It also encourages players to reflect on how they are feeling and tune into their body.



BIOLOGICAL

Young people going through puberty are getting to know their developing bodies and minds. It is important to help them develop the skill to pause and check-in with how they are feeling both physically and mentally.