

# Filling your Bucket



## Training and Recovery

**TIMING:** 20 mins  
**WHAT:** Movement Activity  
**WHEN:** Training Activity  
**WHO:** Teams

### SET-UP AND GEAR

- Beanbags/balls/bibs (approximately 40 objects - may need more/less depending on number of players)
- An open space i.e sports hall, pitch, field
- Cones
- Hula hoops or a bucket

### INTENDED OUTCOMES

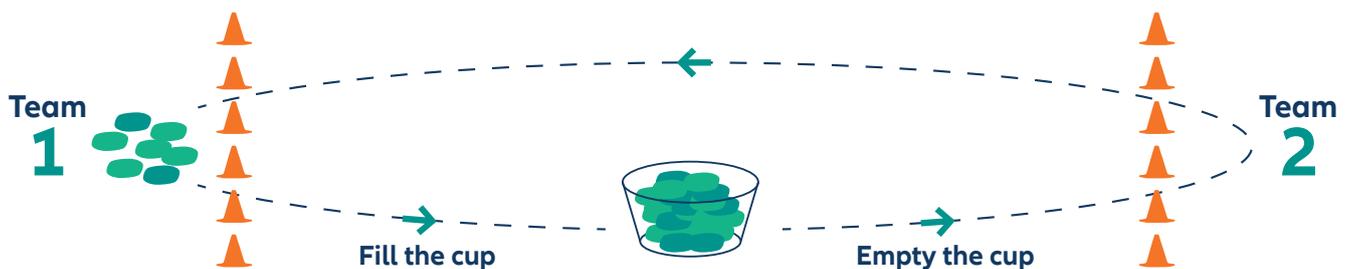
- An opportunity for you to talk about recovery and how important it is in sport.
- It's a way for the players to understand the basics of recovering from sports and physical activity.

### ACTIVITY SUMMARY

This activity is a fun way to talk to young players about the importance of recovery, especially if they are doing lots of physical activity. The metaphor of keeping your bucket full is a helpful tool to explain the concept of training and recovery.

## Activity Outline

- Set-up**
- Set up two lines of cones on opposite ends of the court/pitch. Create a playing area large enough for your players to move around in comfortably but not so big that they are too spread out.
  - In the middle of the two lines place a hoop/bucket and have approximately 20 beanbags/bibs/balls here. At one of the end lines place the other 20 beanbags/bibs/balls.
  - Divide your players into two teams and assign each team to opposite ends of the court.



## Activity Outline (CONTD.)

### 5 mins

The coach explains the activity and introduces the topic of training and recovery. The coach explains that in this game, the beanbags/balls/bibs represent either things that help fill your bucket (team one), or things that empty your bucket (team two). The coach asks the players if they have any suggestions of what fills/empties their bucket (e.g. fills = fun, hanging with friends, relaxing, exercising etc. Empties = exams, stress, homework, bad weather etc.)

- Team One starts with 20 bean bags on their line and they must try to fill the bucket in the middle. Team Two must empty the bucket in the middle as quickly as possible by bringing the objects to their end line. Players can only move one object each per run.
- Optional - Team Two must also nominate a runner to bring their beanbags/balls/bibs back to the team one line. This creates a cycle of movement and prolongs the game.

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### 5-15 mins

Start the game on your whistle. Set a timer for 5 minutes, when the 5 minutes are up, blow your whistle and assess with the players if the bucket is full or empty. You can start and stop the game as many times as needed, changing around where the majority of the beanbags/balls/bibs are.

## Tips & Tricks

- The Dream Big activity for goal setting could be a useful follow on from this exercise.
- To give players an opportunity to further discuss the pillar they need to work on, you could organise them into the four groups (one for each pillar) and ask them to go to the pillar/group they need to focus on more, to discuss it further.

### PILLAR INSIGHTS

There are so many different factors influencing a player's overall health and wellbeing, however, this check-in and activity is a great place for them to start thinking about their overall health and wellbeing and the impact that it can have on their participation in sport.



#### BIOLOGICAL

Through checking the pillars of health, players explore and discuss topics like eating healthily, exercising, getting enough sleep, and dealing with stress. The pillars of health is a useful framework to open up conversations and demonstrate the factors that contribute to leading a healthy life.



#### PSYCHOLOGICAL

Having a good understanding of how the mind and body are connected i.e. how they feel physically will affect how they feel mentally and vice versa is really helpful for young players and ensures that they are not only physically fit but mentally happy too.