

Making Friends



Getting to know your Team

TIMING: 25 – 30 mins
WHAT: Movement Activity
WHEN: Warm Up, Cool Down, Training Activity
WHO: Group, Pair, Individual

SET-UP AND GEAR

- Whistle or a speaker with music.
- Cones to define the area players are asked to move around in. This will vary depending on your numbers. The space needs to be big enough for players to run around in but small enough that they must dodge and weave between one another. Players must not move outside the defined area.

ACTIVITY SUMMARY

This movement game encourages players to get to know everyone on their team a little better. Making friends is a common social barrier to sports and physical activity. This inclusive game is an opportunity for the players to practise their social skills by getting to know their teammates and making new friends.

INTENDED OUTCOMES

- Players have the opportunity to pair up with and talk to other team members.
- Players work on their ability to start conversations and talk to people beyond their existing friends on the team.
- Coaches are able to run an easy game to get players ready to move their bodies and develop their team skills.

Activity Outline

2 mins (set up) The coach explains the activity and reminds everyone that their goal is to learn something new about their teammates.

2 mins Players weave, dodge, and run around their teammates for as long as the music is playing, or until the coach stops the music or blows the whistle (approx 60 seconds). Once the music stops or whistle goes, the coach calls out an activity such as *"pushing shoulder to shoulder"* (see list below).

15 mins The music goes back on or the whistle is blown and players start moving around again. After approx. 60 seconds of moving, the coach calls out a different activity (see list below). The coach then follows this flow working through all the activities.

Activity Outline (CONTD)

7 mins After the final activity has been called out i.e. “*Whole group divides based on if they prefer exercising in the morning, afternoon or evening*”. Players must pair up with a teammate from that group (ideally with someone they don’t know extremely well), and jog around the pitch/hall and tell one another 3 things about themselves. Encourage your players to try to remember all 3 facts.

(5 mins) *Optional circle ending*
At the end of the session, you can ask if anyone can remember the 3 facts they have learned about their partner and if they would like to share.

Suggested Activities

Players must get into groups of 2: Pushing shoulder to shoulder. (music and movement)

Players must get into groups of 2: Back-to-back trying to sit down, and stand up with their arms interlinked. (music and movement)

Players must get into groups of 4: Line up in order of youngest to oldest. (music and movement)

Players must get into groups of 6: Line up in order of height. (music and movement)

Whole group divides based on the number of siblings they have. (music and movement)

Whole group divides based on whether they prefer inside sports or outside sports. (music and movement)

Whole group divides based on if they prefer exercising in the morning, afternoon or evening. (music and movement)

Tips & Tricks

- Use this game to help your players interact and develop their interpersonal skills, however you can adapt the activity and change the type of questions you are asking based on the needs of your team.
- This can be adapted for ball sports, so for example instead of moving to the music, players can dribble, or solo or skip etc.

PILLAR INSIGHTS

It's important to create fun opportunities for teammates to interact and get to know each other. Team bonding adds to the enjoyment of participating and also helps teams to perform.



PSYCHOLOGICAL

To learn new skills, players will have to attempt new skills and drills during a training session. Attempting a new skill in front of peers can be a very daunting prospect for players of all ages. Having an inclusive environment and ensuring players get to know each other contributes to the psychological safety of players.



SOCIAL

Having friends on a team is a protective factor against players dropping out of sports. It's important to ensure your training sessions are set up to be inclusive, ensuring that no team member is left out.