

Set a Challenge



Growth Mindset

TIMING:	15-20 mins
WHAT:	Movement activity
WHEN:	Training Activity
WHO:	Individual, Group

ACTIVITY SUMMARY

This activity gives players an opportunity to explore and develop their growth mindset (the belief that abilities and skills can be developed through hard work). The coach, with input from their players, sets a specific challenge for players to work on over a fixed amount of time.

SET-UP AND GEAR

- N/A

INTENDED OUTCOMES

- Players undertake a challenge to help them develop a specific skill or ability, as well as helping them develop a growth mindset.

Activity Outline

5 mins
(set-up)

The coach explains the activity and asks players for their input to the challenge. This could be done in a number of ways:

- Players could split into groups and come up with a suggestion each. The group then votes on which challenge to complete.
- The coach offers players a choice of 3 challenges and players choose/vote on which one they wish to complete.

As a group, set an approximate date for the challenge to be successfully completed.

5-10 mins

Set aside 5-10 minutes at each training session to focus on the challenge, giving players time to practice and train. Focus on praising players for their dedication, hard work, and any improvement made.

5-10 mins

The approximate date for the challenge to be completed can be pushed or pulled depending on the progress of the players. The focus should be on the progression rather than the outcome. However, it is important to draw a line under the challenge once complete and celebrate successfully completing it.

A Note on Challenges

- Depending on your sport and the ability of your players, the challenges may vary, from doing a set number of burpees in a certain amount of time, running a kilometer under a certain time, to soloing or dribbling a certain distance without dropping the ball.

Tips & Tricks

- To gauge the level of your players, you could ask them to do the chosen exercise for a set amount of time. Then, based on the level they are currently at, you can set an appropriate level of challenge for the group. If there is a wide range of abilities, players could individually set a challenge based on where they are currently at (self-paced progression).

PILLAR INSIGHTS

Activities that are too easy for players can become boring and demotivational, while activities that are too hard will lead to frustration and disengagement. Creating activities that are at just the right level of challenge can add significantly to the motivation and confidence of all players.



PSYCHOLOGICAL

It's important to give players the opportunity to develop a growth mindset. Players that believe that they can develop and improve their skills and abilities through perseverance and hard work are more motivated and see that making mistakes is part of the learning process.