

# Circles of Influence



## The Right Environment

<b>TIMING:</b>	12 mins
<b>WHAT:</b>	Paper & Pen
<b>WHEN:</b>	Pre-Season Activity, Rainy day
<b>WHO:</b>	Group & Individual

### SET-UP AND GEAR

- Pen and paper

### INTENDED OUTCOMES

- Players recognise the various things that can influence their motivation to train and participate in sport. This can help develop a sense of awareness and ownership over their decisions to stay involved in sport.

### ACTIVITY SUMMARY

A perfect rainy day activity or something that can be done at the start of a new season. This pen and paper activity is about supporting young people to become aware of what can influence their actions and behaviours.

## Activity Outline

5 mins  
(set-up)      Ask your players what they think influences and motivates them to come to training.  
Discuss how we can often be influenced by the things and people we see around us.

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10 mins      The coach hands out the worksheet (see below). The worksheet can be completed there, or the players can take the worksheet home with them to complete it in their own time. The worksheet takes approximately 10 minutes to complete.

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## Extension Activity

10 mins

### Walk & Talk Warm-Up

Once all the players have completed the activity or at the next training session, ask the players to partner up and do either a walking or jogging warm-up. As they jog around with their partner, players should discuss what they think influences them the most and whether they think it has a positive or negative influence on them. Once they complete their walk/jog, players can then share with the wider group what they were discussing and any insights they would like to share.

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### PILLAR INSIGHTS

By examining their own circle of influence, players can gain insight into how different people might impact their exercise choices. This helps young people gain an understanding of the factors contributing to their relationship with physical activity.



#### SOCIAL

Peer pressure, social norms, and the influence of friends and family can significantly impact whether young people choose to engage in regular exercise. Through open discussion, we can support young players to reflect on how their own personal influences shape their perception of sport and motivation to partake.

## Worksheet

Using your colours, take the time to decorate your own personal circles of influence.

### STEP 1

#### YOU

Write your name, your age, what sport you play, and why you like it.

### STEP 2

#### YOUR INFLUENCES

Write down some of the things that influence you, like your family, friends, team, club community, school, neighbourhood, social media, etc.

### STEP 3

#### WIDER CIRCLE

Write down some things that might influence you, but not on the everyday level; some examples are your role models, what sports are common in your county, big sporting events you've been to, sports you see on TV, etc.

