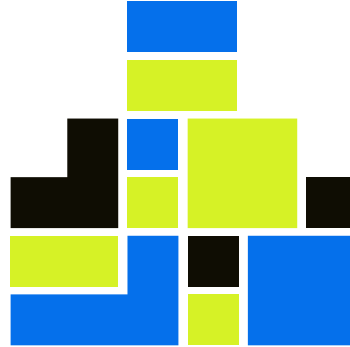


CHAMPIONS TOOLKIT GROUP ACTIVITY PACK

In this group activity pack, you will find ideas for experiential activities you can deliver to groups.

These are 'doing' activities to get people involved in experiencing practical application of child-first coaching

TASKMASTER



THE IDEA:

This activity is a good one to do at the beginning of the workshop because it highlights how not having your full freedom (representing rights) hinders your progress and leaves you feeling frustrated.

THE ACTIVITY:

You have 10 mins at the start of the timer to build the highest free-standing structure using the kit available in the space. The team with the highest standing structure at the end of 10 mins wins. Your time will start when the taskmaster blows the whistle. There is a snag though...

In your teams:

- 1/3 of your members cannot speak
- 1/3 of your members cannot see
- 1/3 of your members cannot move (they are rooted to one spot)

You must remain within a 5 metre radius of each other at all times. Every time you break a rule you lose 10cm off the height of the free-standing structure (the taskmaster will take note of all the rule breaking and deduct at the end of the task). You must ensure that all activity is safe at all times.

BALLOONS



THE IDEA:

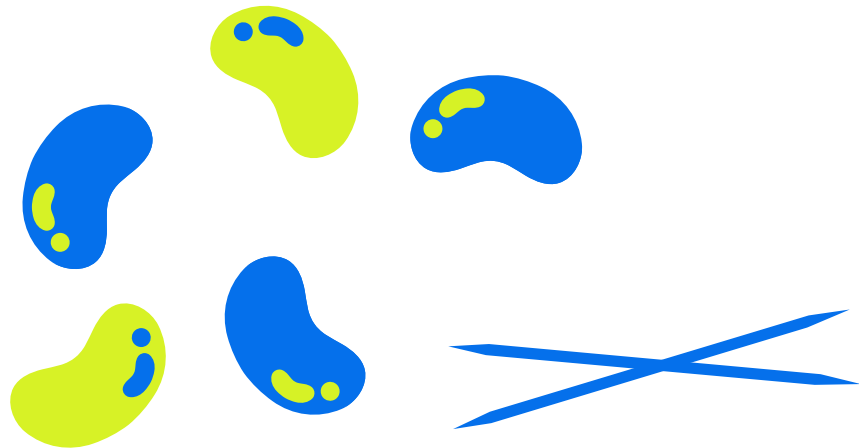
A great way to get people to think deeply, reflect – all while having fun.

THE ACTIVITY:

Blow up 1x balloon per person, and start the music. Let the group play a giant game of ‘keepy uppy’ and when the music stops, catch a balloon as quickly as you can. Now, the group all write on the balloon a way they bring voice, choice or journey to life in their coaching environment.

The music starts again and the balloons fly around the room. When the music stops, catch a balloon and... add on to the previous idea. Build on it, suggest a way to do it differently, add a progression, offer a compliment, and so on.

COCKTAIL STICK TOWERS



THE IDEA:

This can generate a lot of reflections, and laughter.

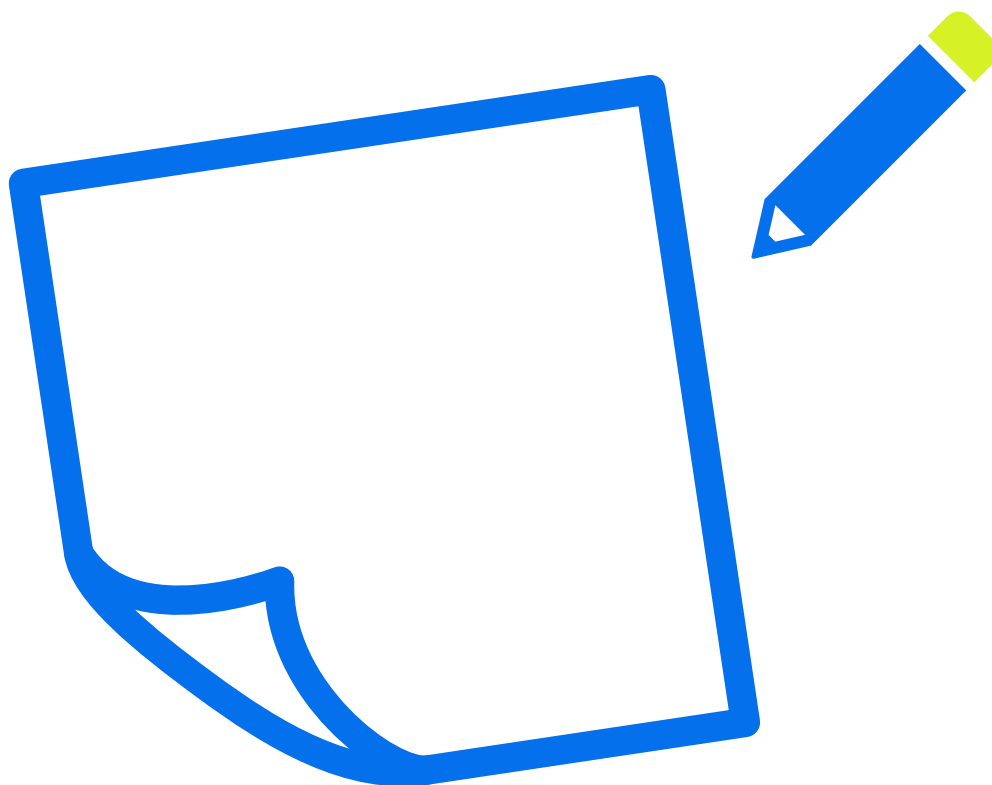
THE ACTIVITY:

You need lots of cocktail sticks, and lots of jelly beans.

In small groups you have 1x builder, 1x coach, 1x observer. The builder has to build the tallest possible jellybean/cocktail stick tower – the coach has to coach, the observer just watches. After a couple of goes, add a blindfold to the builder – now the coach has to work really hard to help them build the tower.

The observer needs to see how the child-first qualities come to life in this fun but slightly stressful game.

MATCHDAY KIT IN A BAG



THE IDEA:

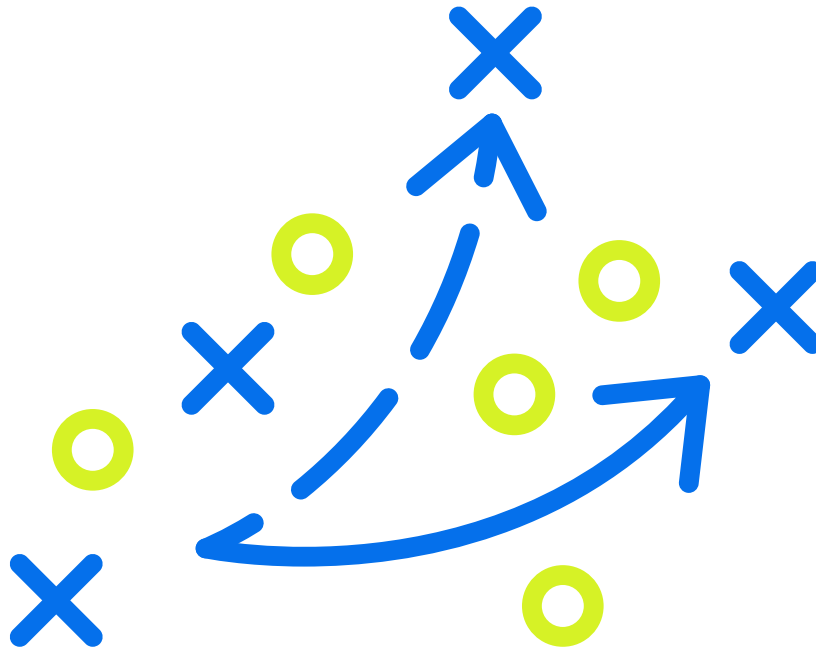
How do child-first behaviours come to life on matchday/competition? It might feel different to training.

This is also a really tangible activity, where the coaches can take away what you have made.

THE ACTIVITY:

Give the group a range of resources (post-it notes, white board, pens – and ideally a drawstring bag to put it all in) and ask them to create a coaches' matchday kit bag. It could include top tips, questions, challenge cards – anything really – but it is a matchday in a bag, that is user generated and built around the child-first principles that you have been discussing.

EXPERIENCE CHILD-FIRST COACHING



THE IDEA:

To put learning into immediate practice and receive feedback.

Activities that coaches can participate in, mirroring the experiences they should facilitate for children.

THE ACTIVITY:

Help coaches plan a group activity during the workshop, incorporating the principles learned. This could include games and exercises that require teamwork, creativity, and reflection.

The observer needs to see how the child-first qualities come to life in this fun but slightly stressful game.