

Breakout/Activity: Stay in the Game Drill Downs

OVERVIEW & PURPOSE

If you are doing a Be The Change Breakout session on the Stay in the Game program, use the “Program Outline: Stay in the Game” and the “Instructions: Sample Sport Drills” (both documents are available in the online Toolkit at <https://impactteendrivers.org/bethechange/toolkit>). These documents provide an overview to share with the audience. Then use this activity of “Stay in the Game Drill Downs” for an interactive lesson on the difficulty of focusing when multi-tasking.

With the use of a variety of sport drills, emphasis is made on the difficulty of focusing when multi-tasking. Any of the sports can be used for this lesson, the only difference is the equipment used during the activity. If there are enough facilitators to man multiple stations, you can run different stations with each featuring a unique sport. The activity and format is the same so all participants receive the same lesson but can select the sport they are most interested in or feel the most skilled at. With a large group of participants, you may need to divide the group between stations to ensure an equal number per station rather than allow people to choose.

PREPARATION

- Ideally an officer, coach or staff member will run the station to allow for interaction with the teens; but two people are needed to run the station...one person is the Sport Coach the other is the Hydration Coach.
- Set up the sport equipment for the related sport at the station, along with a supply of water bottles (8 oz. small size) so each participant is given their own when a Player.

MATERIALS NEEDED – BASELINE PATHWAY

- Sport equipment (use Nerf style sporting equipment and not the real items when doing this activity indoors)
 - Football: Nerf or foam football – use real equipment outdoors
 - Baseball: Nerf or foam baseball, catcher’s mitt – use real equipment outdoors
 - Basketball: Toy size rubber basketball and basketball hoop – use real equipment outdoors
- Bottle of water (8 oz. small size) for each Player doing the activity or they provide their own water bottle to be used then returned to them
- List of Stay in the Game Quick Actions or First Thoughts (in this guide)

EXPLAIN THE TASK

1. After participants are assigned or gathered at the sport station, have the Player stand at and safe and appropriate distance from the Sport Coach who is holding the sport ball. If

playing soccer or basketball, set the nets up near where the Sport Coach is going to stand.

2. The Hydration Coach stands beside the Player holding an ***opened*** water bottle (use a new water bottle for each player, giving it to them when they are done with the activity).
3. All roles begin at the same time and run simultaneously, creating distractions to the Player who is trying to play the game.
 - Sport Coach:
 1. Shout out a Stay in the Game Quick Action from either the Warm-Up or First Thought columns on the table below. Call out a new Quick Action as soon as the Player has completed the last one called out. Ignore the Hydration Coach actions – keep calling out Quick Actions.
 2. While calling out the Quick Action, the Sport Coach passes the ball to the Player for them to catch it and either toss it back (football), throw at the basketball), or return to coach after catching the ball in the Player’s mitt (baseball).
 - Hydration Coach: using a count of 5, pass the water bottle for the player to take a sip while they are doing the Sport Coach activity. Keep a constant slow count of 5 then shout “Hydrate” before handing them the water bottle to take a sip – regardless of what they are doing for the Sport Coach, keep your count consistent.
4. So yes, the Player will be doing their sport ball action as they would expect to do for the sport station they are at...while the Sport Coach distracts them calling out Quick Actions for them to perform...and the Hydration Coach shouts ‘hydrate’ then hands them an opened bottle of water to take a sip from every 5 seconds. This is the Drill Down on how difficult it is to stay focused on a task when trying to multi-task.

NUTSHELL LESSON

Building skill at practice takes 100% effort and focus. Driving a car requires the same effort and focus.

QUICK ACTIONS

Use either one of the columns throughout the activity but stick with the same column throughout, do not jump back and forth. The Player is either being told to do Warm-ups or say their First Thought word association when the Sport Coach calls out.

Warm Ups (do the action)	First Thought (say first word association that comes to mind)
Clap your hands	Ball
Hop on one foot	Workout
Spin around	Game
Jumping jack	Win
Touch your toes	Coach
Pat top of your head	Practice
Jump up and down	Tournament
March	Foul
Twist at waist	Scoreboard
Deep knee bends	Half time
Kick your feet	Timeout
Stretch right	Waterboy
Stomp left foot	Game plan
Twist & dance	Ball bag
Turn head left and right	Sports bus
Stretch left	Teamwork