



Girls IN THE GAME

Guide Book





Daily Points

- Establishing the team culture by lifting each up, healthy competition, not about comparison between each other, but checking in with yourself.
- Peer shoutouts to acknowledging each other's growth
- Leave time for open discussion, current events, sharing, etc.
- Positive Affirmation of the day

Week 1

Day 1

1. Introductions
2. Get to know your peers game
 - a. Ex. Introduction Beach Ball
 - b. Ex. Find someone with something the same as you
3. Program description/overview
4. Team code
5. Team name & cheer
6. Introduce "*Strong Is The New Pretty*" guided journal
7. SEL Pre-Survey

Day 2

1. SMART Goals
 - a. Index cards to track – coaches keep during season
2. Individual/Personal goal setting
 - a. Choose end goals
 - b. Add in smaller, achievable goals to reach on the way to final goal
3. Fitness/Soccer goal setting
 - a. Pre-Challenge
 - i. Sit-Ups, Burpees, Plank hold, Toe Taps, Juggles, and Dribbles
 - b. Add in smaller, achievable goals to reach on the way to final goal
 - c. Select mid-way goal
 - d. Select end goal
4. SEL Pre-Survey (if not enough time day 1)

Week 2 – Week 4

1. Warm Ups – Have a player volunteer to choose the stretch
2. Work on fitness/soccer goals
3. Check-in on individual/personal goals
4. "*Strong Is The New Pretty*" activity/pages
5. Open discussions
 - a. Would anyone want to talk about anything they are having a hard time with, struggling with at school/life, anything going on in the news/world events
 - b. Coaches can lead by example of being vulnerable discussing something in their life
 - c. Try to remain neutral, don't impose political views, keep a safe space for all opinions
 - d. Mindful of cultural differences, religious differences, be inclusive
 - e. Empathy forward, don't have to solve or have answers
 - f. "Thank you for sharing", "you're so brave", etc.



Week 5

1. Mid-way challenge (fitness and individual/personal)

Week 6 – Week 9

1. Warm Ups – Have a player volunteer to choose the stretch
2. Work on fitness/soccer goals
3. Check-in on individual/personal goals
4. “Strong Is The New Pretty” activity/pages
5. Open discussions
 - a. Would anyone want to talk about anything they are having a hard time with, struggling with at school/life, anything going on in the news/world events
 - b. Coaches can lead by example of being vulnerable discussing something in their life
 - c. Try to remain neutral, don’t impose political views, keep a safe space for all opinions
 - d. Mindful of cultural differences, religious differences, be inclusive
 - e. Empathy forward, don’t have to solve or have answers
 - f. “Thank you for sharing”, “you’re so brave”, etc.

Week 10

Day 1

1. End challenge (fitness and personal)
2. SEL Post-Survey

Day 2

1. Any end of season activities, celebrating accomplishment
2. Certificates and coach notes

“Strong Is The New Pretty” Guided Journal Days

1. **Week 1:** Make a personal goal
 - a. **Ex:** Read more, use less social media, clean your bedroom
 - b. **Talking Points:** Gives a sense of purpose that can improve confidence, helps to focus and make better decisions, creates motivation, responsibility, time management and priorities, foster a positive “can-do” attitude and increases self-esteem.
2. **Week 2:** Take deep breaths...
 - a. **Ex:** Everyone do activity together and share how it made them feel, take deep belly breaths (when they breathe in, their belly should expand, and when they breathe out, their belly should contract). Can use bubbles, a pinwheel, or a feather. Use body, rainbow breathing or volcano breaths.
 - b. **Talking Points:** When/why might be a good time to use this exercise? Decreases stress and creates a sense of calmness, redirect attention to focus on breaths when big feelings arise.
3. **Week 3:** What makes you unique?
 - a. **Ex:** Any personal experiences you have, I can run fast, I make cards, I’m good at coloring
 - b. **Talking Points:** What can you do that makes you different from everyone else? What makes you one of a kind and no other person is like you? Unique character strengths



and abilities that allow them to express their individuality. Their individuality makes them special. Social awareness – accepting and praising others uniqueness, recognizing others strengths.

4. **Week 4:** Six years from now I will be...
 - a. **Ex:** On school soccer team, Captain of team, President of Club, create a club, write a story
 - b. **Talking Points:** Where do you see yourself? Is there something you want to do or something you want to be? Similar to goal setting and SMART goals

5. **Week 5:** Think about a time when you failed...
 - a. **Ex:** Missed the soccer goal, share a famous person that failed
 - b. **Talking Points:** Did you keep trying? What made you keep trying? Mistakes and failures are part of life and happen. Failing forward – learning from errors, grow from those moments, teaches courage, strength, and wisdom. FAIL (First Attempt In Learning).

6. **Week 6:** What are you really good at?
 - a. **Ex:** Juggling, braiding hair, a school subject
 - b. **Talking Points:** Reflect Week 5 failures topic as well as the Week 1 topic of making a goal. Self-confidence, positive affirmations.

7. **Week 7:** I am strong languages
 - a. **Ex:** Do activity together
 - b. **Talking Points:** Anything you wish your teammates knew about your race, ethnicity, and/or culture? Cultural awareness.

8. **Week 8:** Stereotypes of girls
 - a. **Ex:** Do activity in book together
 - b. **Talking Points:** Read gender norms definition in book. How can stereotypes be harmful? Are stereotypes true for everyone? Is it fair to group everyone together in statements?

9. **Week 9:** Gossip – What can you say when someone starts gossiping?
 - a. **Ex:** “I’ve never seen that”, “This isn’t any of my business”, “Why are you telling me this?” Play game of telephone, the last person to get phrase shares it out loud, show how although it is silly in the game, if you are talking about real people, the original stories can change and can be embarrassing or hurtful.
 - b. **Talking Points:** Review lessons from season: respect, acceptance, and praising others, etc. How do you think it make that person feel? How would it make you feel to know it made them feel that way? Words can hold power. Your words stopping gossiping also hold power. Hear a rumor, remind them not to repeat it, and not to listen to it.

10. **Week 10:** What’s your motto
 - a. **Ex:** “Be kind every time”, “Be helpful, be honest, be happy”
 - b. **Talking Points:** Definition- “a sentence, phrase, or word inscribed on something as appropriate to or indicative of its character” “word, phrase or sentence used to describe the meaning or point of a group or organization”. Powerful statements.

Tips

- Notify players in the beginning of the season, their practice is to be a safe space and that there will be conversations on self-care and wellness/curriculum help and overall social climate concerns, COVID worries, etc.
- Coach team modeled how to have these conversations respectfully
- Let the younger players see the older players and coaches having the conversations if they did not have anything to add (modeling)
- Dove into topics and were intentionally open about each topic to allow the girls to lead into their own perspectives (asked players if they want to discuss a certain topic – let the players share and explore their feelings and experience)
- Allowing players to lead conversations
- Did not push players to have the conversations

Possible Conversation Topics:

- Self-love, anxiety, resilience, “what does girl power mean to you?” #BLM, #StopAsianHate, Ramadan and other different cultural activities/holidays, importance of woman in sport, realistic and achievable goal setting, importance of fitness, mental health, COVID concerns, etc.



YOU CAN DO IT!

Affirmations

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|----------------------|-------------------------|------------------------------------|
| I am important | I am amazing | I am truthful |
| I am smart | I believe in me | I have many talents |
| I am a good friend | I am kind | I get better every day |
| I am helpful | I deserve good things | Even when I struggle, I keep going |
| I am happy | I matter | My mistakes help me learn |
| I try my hardest | I can make a difference | I am awesome |
| I'm proud of myself | I am brave | I am perfect just the way I am |
| I can do hard things | I am beautiful | I am creative |
| I am special | I can do anything | I am strong |

BELIEVE IN YOURSELF