

EMPOWERED

G I R L S S O C C E R

Draw A Picture

Objective

1. Get out of comfort zone by drawing!
2. Be **vulnerable** by sharing your drawing with the group.
3. **Importance of the INDIVIDUAL** within the team – Look at everyone’s unique talents & perspectives

Materials

1. Markers
2. Paper (small cardstock sheets work well so you can do it at the field)

Steps

1. Everyone takes a sheet of paper and marker – Spread out to get own space. Don’t want players collaborating!
2. Coach gives instructions – “I want you to draw a _____”
Ex. Cat/Dog, Flower, Sun, Triangle, Circle
-Don’t give them ANY additional instruction.
3. When both sides of paper are full, bring players in to hold up papers
 - Discuss different drawings that are funny, unique, AWESOME, etc!
 - Discuss size and placement of items – Every player sees, hears and interprets things in their own way!
 - Discuss doing something vulnerable like drawing – How does being vulnerable help teammates? Learning to trust!
 - Discuss importance of every INDIVIDUAL on the team --- individuals make up the team and should be embraced for their own unique traits and skills. Don’t try to be anyone, but yourself!