

Self-Awareness

2-5 minutes | Grades K-8

Coach cue	Self-awareness means noticing what you feel, what you need, and what you're doing.
Game scenario	Before kickoff your stomach flips, your hands feel tight, and you stop listening to the huddle.
Try it	Give players a quiet check-in. Ask them to notice one body signal and choose one thing they need. Sharing is optional.
Huddle question	How can knowing your own signals help you prepare?

Player check-in

Read each question aloud. Have players vote A, B, or C.

1. **Which thought shows self-awareness before a game?**
   - **A.** Everyone else must be more nervous than me
   - **B.** My hands feel tight and I'm having trouble listening
   - **C.** My coach should already know what I need

2. **Once you notice you're distracted, what could you do?**
   - **A.** Ask your coach to repeat your assignment
   - **B.** Assume it will never get better
   - **C.** Tell teammates the game plan is bad

3. **Your shoulders feel tight before your turn. What could you notice?**
   - **A.** Everyone must be judging me
   - **B.** Feeling tense means I can't play
   - **C.** I might be nervous, and I can take a breath

4. **After a tough play, which thought helps you check in?**
   - **A.** My teammate must be angry too
   - **B.** I'm frustrated. What would help me reset?
   - **C.** I have to pretend I'm fine

Ask the team	Name one signal and a next step a fictional player might notice.
At home	What signal tells you it might be time to pause or ask for help?

Coach answer key **1. B** **2. A** **3. C** **4. B**

One takeaway for our next practice _____