

Reflective Activity

Ted Talks Discussion Group

Activity Description

We choose a Ted Talk to watch as a team and discuss after.

Preparation, Handouts, Resources

We just tell them the theme of the talk.

Learning Goals

Feeling ownership of the team. Team chemistry. Belonging. Sharing ideas. Connecting dots. Giving a platform for those who are not considered to be "leaders" on the team to have a voice. Connection with coaches on a different level. Trust. Empathy. Grit. Support of the team.

Challenges/Obstacles

The team (most of the time) considers the impact of the Ted Talk on the group as a whole instead of individually. The activity would have a different "feel" with a random group of students/ staff, and different outcomes/ goals.

Recommendations

The kids enjoy connecting and casually sharing ideas as a team. They are not often in a position where they get to discuss/problem solve/contemplate presented ideas outside of training and games as a squad. They all feel an academic level of comfort here at Mac and engage readily when we discuss the Ted Talk. These talks allow our players who normally take a "back seat" on the soccer field, to lead or share some valuable insight. It's an opportunity for everyone on the squad to have a voice. The pecking order on the field does not apply in this environment and it's refreshing for everyone.

Tool Contributor

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