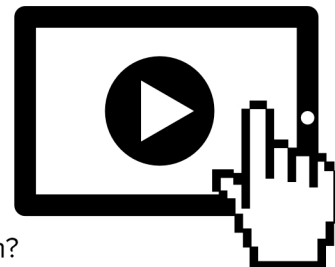


Up2Us Sports Movie Watch Along Guide

Thanks for joining us for this guided movie experience. We're all having a little more screen time lately, but we can still get great experiences of sports by watching movies with an eye for all the great values that sports can teach. **Sports-Based Youth Development** is the idea that sports can help build life skills at the same time as it is building sport skills. Pop in your favorite sports movie (or one that you've never seen!) and follow along below to see the potential and power of sport to transform **youth, programs, and communities.**



THE COACH

- How does the coach create opportunities for players to connect with each other?
- How does the coach give players opportunities to meaningfully contribute to the team?
- What positive traditions does the team have? What positive traditions does **your** team have?
- What strict behaviors does the coach enforce?
- How do each of the above actions from the coach build the team's culture? Do they make the team a safe space for each player?
- If you could have one power from this coach in your own life, what would it be?

THE PLAYERS

- What reactions do players first have to the coach? Why?
- What difficulties do players encounter in building skills? How do they get past those difficulties?
- What changes happen in the players on the field? Off the field?
- In what ways did sports help you grow as a person? Share one story about a skill sports helped you build that you used **OFF** the field.

THE CONTEXT

- What external factors are affecting the coach or players in this movie? At Up2Us Sports, we call this the Context of players, coaches, and communities.
- What didn't the coach know about these factors before they started coaching that would have been helpful?
- How does the coach or the team affect the environment outside of the team? How does that happen?
- What are two ways you'd like your team to affect the context of your community?

OVERTIME

When we watch sports movies with an intentional lens, we see the potential for growth in sports a lot more. The same is true of our coaching. When we focus more on the **relationships, the processes, and skill growth for players**, we unlock all of the great stuff that we see in these movies. When the whistle blows, let's make sure we bring our focus and intention to the growth and transformation of kids, ourselves, and communities.