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*Lead the way with Coaching HER®. Empower coaches and educators to lead with awareness, intention, and inclusivity.*



## Assignment: “What’s your WHY?” Activity

**Purpose:** As a future coach or teacher, one of the most important steps in building a positive sport environment is understanding why athletes choose to play. Your task is to create an activity that gives your athletes a voice, highlights what they value most in sport, and helps you reflect on how to coach with those motivations in mind.

**Assignment:** Design a “What’s Your Why” activity that gives your students/athletes a voice to share:

- Why do you play?
- What do you hope to get out of sport?
- What keeps you coming back to practice or games?
- How do you like to be coached?
- What is your definition of a successful season?
- What do you need from your coach to be successful?

**Incorporate** the [Developing Physically Active Girls](#) Model or ideas from the model in your activity.

**Design Requirements:** Ensure your activity is interactive, creates a safe space for honest responses, and prompts you to consider next steps as a coach—What actions will you take based on what you learn about individual athletes/students and your team/group as a whole? Use your creativity—your activity can take any form that engages athletes.

**Include:**

- Directions for your activity
- Suggestions for implementation of the activity
- All materials (forms, questionnaires, notecards, etc) needed
- What will you as a coach do following the activity to ensure reflection, athlete voice and athlete choice, and ideas for coaching individuals based on individual needs/wants