

ACTIVITY 2

PRESSURE SHOT

Make your choice before the noise starts.

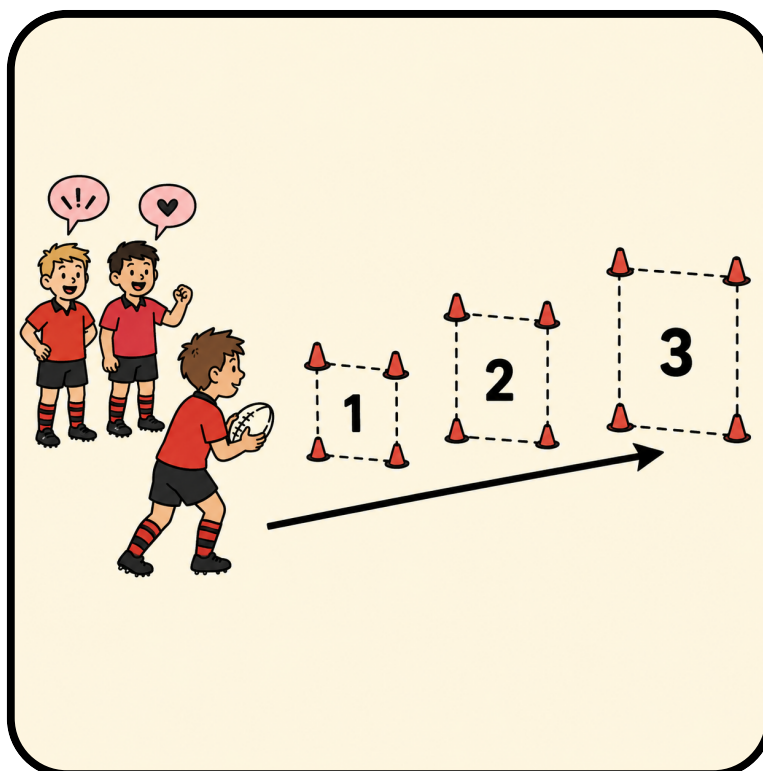
10-15 mins

WHAT YOU NEED

- Cones
- Balls
- Space for three targets

SET UP

- Create three target zones.
- Put the easiest target closest and the hardest furthest away.
- Score them 1, 2 and 3 points.



PLAY

1. One player takes a turn at a time.
2. In round one, teammates can talk before the player chooses their target.
3. In round two, the player must point to their target before anyone else speaks.
4. Hit the target to score the points.

★ EASIER

Move the targets closer and give players a practice attempt.

★ HARDER

Give players only three seconds to choose.

2 MINUTE HUDDLE

- Did other people's opinions affect anyone's choice?
- What is the difference between encouragement and pressure?

COACH LINK

Pressure does not always sound unfriendly. It can sound like banter, encouragement or "go on". Young people can still pause and decide what feels right for them.

TASG 2

ERGYD DAN BWYSAU

Gwnewch eich dewis cyn i'r sŵn ddechrau.

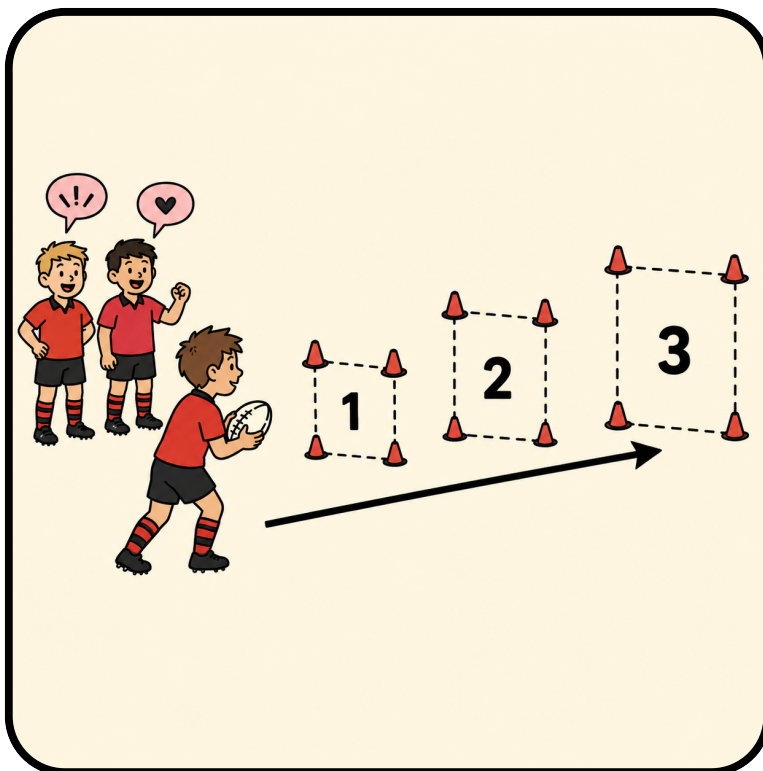
10 i 15 mun

BYDD ANGEN

- Conau
- Peli
- Lle ar gyfer tri tharged

PARATOI

- Crëwch dri pharth targed.
- Gosodwch y targed hawsaf yn agosaf at y chwaraewyr a'r targed anoddaf yn bellaf i ffwrdd.
- Rhewch 1, 2 a 3 pwynt iddynt.



CHWARAE

1. Mae un chwaraewr yn cymryd tro.
2. Yn rownd un, gall cyd-chwaraewyr siarad cyn i'r chwaraewr ddewis ei darged.
3. Yn rownd dau, rhaid i'r chwaraewr bwyntio at ei darged cyn i unrhyw un arall siarad.
4. Tarwch y targed i sgorio'r pwyntiau.



HAWS

Symudwch y targedau'n nes a rhewch gyfle i'r chwaraewyr ymarfer.



ANODDACH

Rhowch dair eiliad yn unig i'r chwaraewyr ddewis.

SGWRS 2 FUNUD

- A wnaeth barn pobl eraill effeithio ar ddewis unrhyw un?
- Beth yw'r gwahaniaeth rhwng anogaeth a phwysau?

NEGES I'R HYFFORDDWR

Nid yw pwysau bob amser yn swnio'n anghyfeillgar. Gall swnio fel tynnu coes, anogaeth neu "dos ymlaen". Gall pobl ifanc oedi o hyd a phenderfynu beth sy'n teimlo'n iawn iddyn nhw.