



This is where our TEAM is created

Additional workshop for athletes in sports clubs



**Deutsche
Sporthochschule Köln**
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Klinik
für Kinder- und Jugend-
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General information

Requirements for speakers

In order to be able to professionally implement the additional workshop "This is where our TEAM is created" for athletes, you should fulfil a few requirements:

- **Excellent, up-to-date knowledge** in the field of prevention of interpersonal violence (with proof of further or advanced training)
- **Confidence to act** in a possible initial conversation with potentially affected athletes (see additional material provided)
- **Workshop experience** as a speaker for children and young people and in dealing with sensitive topics
- **Intensive preparation** using the workshop materials
- **Reliable network** of specialists and/or regional counselling centres

If you do not fulfil these requirements, we strongly recommend that you hire a specialist to conduct the workshop. If you are based in Germany, you can contact regional (specialist) counselling centres, sports clubs or the sports psychology experts at the Arbeitsgemeinschaft für Sportpsychologie (asp-sportpsychologie.de/expertinnendatenbank-leistungssport/asp-expertinnenliste).

Structure of the script

In this script you will find all the information you need to conduct the workshop:

- Timetables, one in concise and one in detailed form
- Material list
- Notes on preparation
- Detailed workshop script:
 - Structure/content of the workshop with notes on tasks, customisation options and suggestions for reflection
 - Images of sample flipcharts (which you can either print out or use as a basis for creating your own flipcharts)
 - Background information
 - Ideas for transition to the next section
- It is possible to shorten or intensify the presentation of certain content: You are welcome to customise the presentation for your sports club
- Please note: You should check and amend passages marked in **YELLOW** on the sample flipcharts before your workshop!

We wish you every success in organising the workshop!

Preparations for the workshop

Target group	<ul style="list-style-type: none"> ▪ Athletes in a club's training group ▪ Group size: 6-25 athletes ▪ Age: 12 - 17 years
Duration	<ul style="list-style-type: none"> ▪ In-person workshop: 60 minutes ▪ Workshop can be held before, after or instead of a training session
Objectives	<ol style="list-style-type: none"> 1. Exploration of a positive training climate <ul style="list-style-type: none"> ▪ With the help of an interactive and playful approach 2. Creation of a catalogue of behaviours for healthy cooperation
Preparation	<ul style="list-style-type: none"> ▪ Personal preparation with workshop content and materials ▪ Adaptation of the sample flipcharts to the sports club/sport ▪ Clarification of the spatial conditions when making an appointment with the club ▪ Organisation of the required materials (see list below)
Room preparation	<ul style="list-style-type: none"> ▪ Use of a suitable sports club facility, such as a sports hall or seminar room ▪ Sensitive topics are addressed: Minimum level of privacy and quiet working atmosphere required ▪ Prepare the room in good time for your workshop (at least 15 minutes): <ul style="list-style-type: none"> ○ Set up flipchart ○ Prepare name badges if necessary ○ Prepare materials (see next page)

Materials	<p>Please check before the workshop that all materials are available in sufficient quantities:</p> <ul style="list-style-type: none">▪ Flipcharts<ul style="list-style-type: none">○ Flipchart with workshop title○ Other prepared flipcharts (see additional material)○ Blank flipcharts○ Note: You can also design the flipcharts as posters or with a blackboard. If you have a projector available, you can also use it to display the content.▪ Eddings/pens▪ Moderation cards▪ Tesa/adhesive tape▪ Sticks▪ Optional: Name badges
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Workshop timetable

"This is where our TEAM is created"

Duration *	Thematic content
10 min (10 min)	1. Welcome, introduction, brief introduction to the topic
20 min (30 min)	2. Team game - self-awareness
20 min (50 min)	3. Reflection team game: Communication and respect in the training group
10 min (60 min)	4. Conclusion and farewell in plenary session

*Time in brackets is the total duration of the workshop

Detailed timetable of the workshop (60 min)

"This is where our TEAM is created"

Element	Duration Scope	Thematic content	Methodical realisation	Necessary material
01	10/60	Welcome, introduction, brief introduction to the topic: <ul style="list-style-type: none"> ▪ Presentation of the workshop topic/objectives ▪ Reference to confidential working atmosphere and cooperation in this workshop 	<ul style="list-style-type: none"> ▪ Talk 	<ul style="list-style-type: none"> ▪ Flipchart with workshop title ▪ Optional: Name badges, pens
02	20/60	Team game - self-awareness <ul style="list-style-type: none"> ▪ Exploration of cooperation and communication in the training group 	<ul style="list-style-type: none"> ▪ Interactive game 	<ul style="list-style-type: none"> ▪ Sticks
03	20/60	Reflection team game: Communication and respect in the training group <ul style="list-style-type: none"> ▪ Reflection and de-briefing of the game ▪ Creation of group rules for cooperating with each other 	<ul style="list-style-type: none"> ▪ Group work ▪ Discussion 	<ul style="list-style-type: none"> ▪ Prepared flipcharts (flipcharts 2 and 3) ▪ Blank flipchart ▪ Moderation cards ▪ Pen ▪ Tesa/adhesive tape
04	10/60	Conclusion and farewell in plenary session <ul style="list-style-type: none"> ▪ Personal take-home message ▪ Time for questions 	<ul style="list-style-type: none"> ▪ Talk ▪ Flash round 	<ul style="list-style-type: none"> ▪ Filled flipcharts ▪ Optional: Moderation cards or flipchart (tape/adhesive tape + pens)

1. Welcome, introduction, short introduction to the topic (10 min)

Materials

- Flipchart with workshop title
- Optional: Name badges, pens

Flipchart 1	Contents
<div data-bbox="197 544 257 667" data-label="Image"> </div> <p data-bbox="286 563 651 651">A warm welcome to today's workshop!</p> <div data-bbox="288 711 660 1059" data-label="Image"> </div> <p data-bbox="221 1107 736 1139">This is where our TEAM is created</p> <div data-bbox="232 1257 398 1305" data-label="Page-Footer"> <p>SC SAFE CLUBS</p> </div>	<p data-bbox="815 584 976 616">Preparation</p> <ul style="list-style-type: none"> ▪ Preparation of the room (adjust chair arrangement, prepare material) ▪ Set up the flipchart with the workshop title <p data-bbox="815 791 878 823">Task</p> <ul style="list-style-type: none"> ▪ Welcoming the athletes and introducing the speaker ▪ Introduce the athletes and/or have name badges created if desired ▪ Choose a suitable (interactive) introduction to the workshop topic and the workshop objectives. Here are some examples: <ul style="list-style-type: none"> ○ Workshop expectations for workshop title "This is where our TEAM is created" ○ Relevance of the topic: Why does cooperation play an important role in the training group? ○ What do the athletes already know about the topic of the workshop? Has this already been discussed in the group? ○ Are there already current rules of conduct or guidelines from the club that the athletes follow? ○ Ask for a current assessment of team cohesion

2. Team game - self-awareness (20 min)

Materials

- Sticks (number depending on group size: one Stick per 5-8 people)

No planned flipcharts	Contents
No planned flipcharts	<p>Task</p> <ul style="list-style-type: none"> Divide the group into small groups (approx. 5-8 participants per small group) Each small group receives a long stick All participants line up in two rows opposite each other (facing each other) All participants hold both hands out in front of them and extend their index fingers at the same height Now place a metre stick or something similar over the outstretched fingers (either the athletes themselves or you as the instructor) <p>Aim of the game: The group should place the stick on the floor</p> <ul style="list-style-type: none"> Rules: <ul style="list-style-type: none"> The stick must not simply be dropped, but must be put down gently During the entire exercise, ONLY the index fingers may touch the pole The stick must be touched continuously with both index fingers If the rules are broken, the group has to start all over again Background information for you if you are not familiar with the game: <ul style="list-style-type: none"> There is the phenomenon that the rod is lifted instead of being placed on the ground This tends to support negative communication with each other

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| | <ul style="list-style-type: none">▪ Play the game in three rounds with a short reflection after each round (e.g. on tone/behaviour/thoughts):<ol style="list-style-type: none">1. Without instruction2. Instruction: Attention to other athletes in the group: Expressing criticism, scolding/ranting/encouraging "against each other3. Ensure good communication and cooperation |
|--|---|

3. Reflection team game: Communication and respect in the training group (20 min)

Materials

- Prepared flipcharts (flipcharts 2 and 3)
- Blank flipchart
- Moderation cards
- Pen
- Tesa/adhesive tape

Flipchart 2 and 3	Contents
No flipchart during this part	<p>Task</p> <ul style="list-style-type: none"> ▪ Using the team game, reflect on which characteristics and behaviours are relevant for the athletes and for their training group in order to experience a pleasant training environment ▪ If the training group or club already has rules of behaviour or group rules, these can be taken up here and revised if necessary ▪ They can individually design the reflection and subsequent development of behavioural guidelines and choose from various didactic options

Reflection on the team game



1. Step:

- Reflecting on behaviour, thoughts and emotions during the team game:
 - Which behaviors were positive and helpful during the exercise?
 - Did you notice anything negative?
 - What challenges or difficulties did you encounter?
 - Were there any behaviors that were disruptive or particularly helpful?
 - Which communication strategy proved to be effective?
- It is a good idea to let the athletes discuss in (small) groups first
- Optionally, the athletes can already make notes on moderation cards here
- Then summarise the results in plenary: Here you can write down important points on a flipchart (flipchart 2) or hang up the athletes' moderation cards and categorise the results, for example

Group rules for working together



2. Step

- Development of "Group rules for our cooperation"
 - Option 1 - frontal approach: Instructor asks reflection questions and writes them on moderation cards and hangs them on a flipchart to create behavioural guidelines
 - Option 2: Athletes are assigned categories resulting from the first step (e.g. "respect", "communication", "cohesion", etc.). Working in groups, they should then formulate 2-3 guiding principles for their category and then present them
- Make sure that positive and desirable behaviour is named
- Possible suggestions for the development (or revision) of the behavioural guidelines:
 - Divide into categories: Respect, communication, cohesion, responsibility, reliability, etc.
- The collected guiding principles should then be presented in plenary and recorded, e.g. on moderation cards or on a flipchart (flipchart 3)
- At the end of the group work, the athletes should have another opportunity to add to or correct the guidelines/rules that have been drawn up. The coaches can also be involved at this point (e.g. own wishes or further suggestions).
- Discuss with the group what they are already doing well and what they still want to work on
- Continued use by the training group:
 - Record the result of the group work (e.g. photo)
 - Encourage the athletes and coaches to hang up or pin up the developed guiding principles in a clearly visible place (e.g. hall, Whatsapp group, etc.) and to use them regularly
 - If the athletes have time and interest, they can prepare and design the developed guiding principles graphically/medially, e.g. as a poster or in the form of a video

4. Conclusion and farewell in plenary (10 min)

Materials

- Filled flipcharts
- Optional: Moderation cards or flipchart (tape/adhesive tape + pens)

No planned flipcharts	Contents
No planned flipcharts	<p><i>Take-home message from the workshop</i></p> <ul style="list-style-type: none"> ▪ Reflect with the athletes using a few questions (1-3 questions, depending on time), e.g. as part of a short flashlight round in which each athlete is asked to name one aspect: <ul style="list-style-type: none"> ○ How did you like the workshop? ○ What will you remember about the workshop? ○ What is the most important thing you will take away from today's workshop? ▪ This should be summarised to secure the results: <ul style="list-style-type: none"> ○ Knowing which behaviours make us feel good ○ Knowing which behaviour we want from others and which we can implement ourselves ○ That it is important to regulate yourself in order to treat each other with respect and appreciation ○ Sustained adherence to the established group rules <p><i>Conclusion</i></p> <ul style="list-style-type: none"> ▪ Give participants the opportunity to ask questions ▪ You can then end the workshop by thanking everyone for their participation and saying goodbye ▪ Please stay in the room for a while after the workshop so that the athletes have the opportunity to come to you with personal questions or comments

Imprint

Editors

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"SafeClubs" project - transfer concepts for the prevention and intervention of sexualised violence in sports clubs

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<https://safe-clubs.de>

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Texts, tables and graphics can be used for voluntary work in sports associations and clubs.

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