

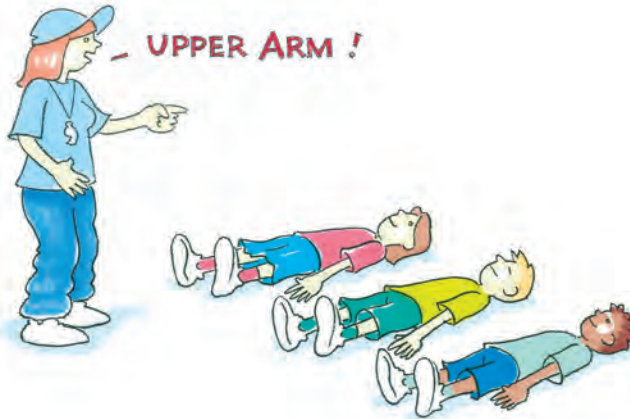


Australian Government  
Australian Sports Commission

# Relaxation

FORMAT > WINDING DOWN

**Body parts** – players shift their awareness with relaxed breathing to body parts: Starting on the right side – hand, lower arm, upper arm, shoulder, chest, back, hip, buttock, upper leg, knee, lower leg, foot. Then repeat on the left side.

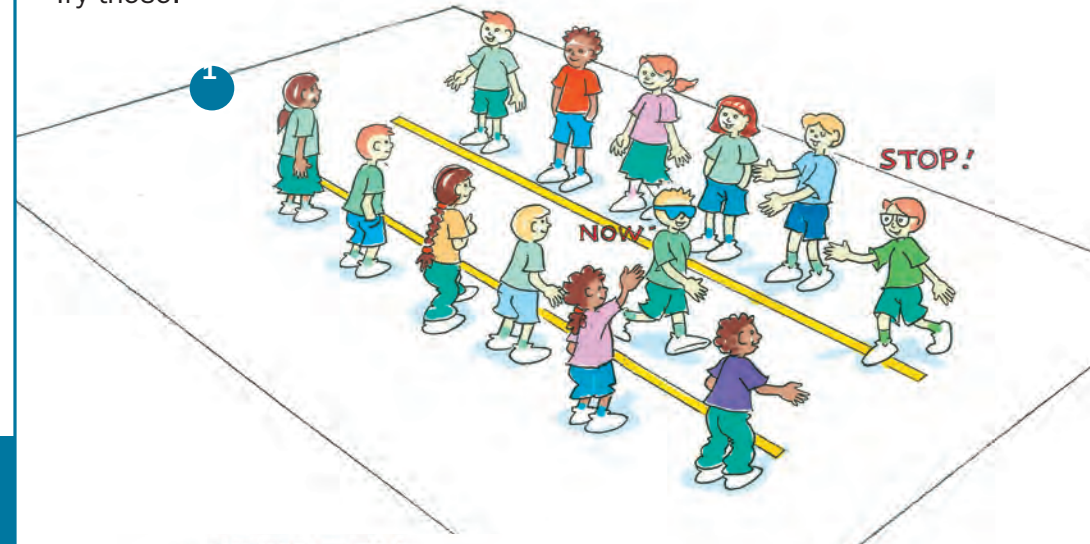


# Trust me!

FORMAT > LOW-INTENSITY TRUST OR COOPERATIVE ACTIVITY

Choose one activity and keep it short.

Try these:



# Circle and push or retreat

FORMAT > SHORT FOCUSED CHALLENGE

An activity of anticipation – players can do any of the following in attempt to get their partner off balance:

- > gently circle, hands touching
- > push rapidly without warning
- > pull arms away rapidly without moving.



It's a good idea to have a minimum number of slow and relaxed circles before pushing or receding, e.g. 10 circles.

STRETCH



STEP IN AND OUT

2



3

