

Outcome

This activity encourages children and young people to share their experiences in a safe, fun, and non-verbal way. It will help coaches listen and adapt sessions while building confidence in giving feedback.

What you'll need

- Bibs for all of your players.
- A clear space for two piles (Yes and No).

How it works

- **For the young person:** At the end of the session, they place their bib in the YES or NO pile to answer the coach's question.
- **For the adult:** Clearly show which pile is YES and which is NO. Ask one of the suggested questions and thank all of your players for their responses.

Questions to ask

Training Sessions

- Was training fun?
- Did you try something new in training?
- Did you feel part of the team?
- What was the best bit of training?
 - *(give three options - start, middle or end?)*

Match Day

- Did you help your team today?
- Did your teammates and coach make you feel happy?
- Was playing in the match fun today?

When to use it

- At the end of training sessions or on a match day in the leading up to Play Safe weekend (27–28 Sept 2025).

What to do after

- Notice patterns in responses and adapt sessions where possible.
- Share with players what changes have been made based on their feedback.
- Thank them for taking part and show how you have listened.
- Re-use the activity card and change the questions.