

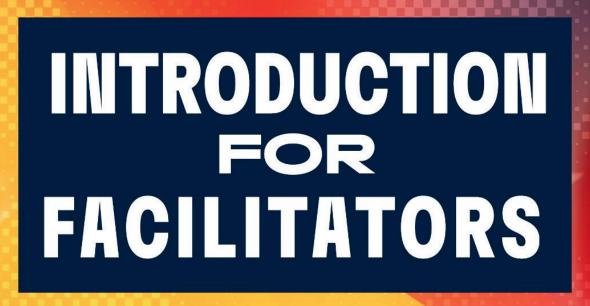
8TH - 12TH GRADE EDITION



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[&]quot;Girls who play sports become women who LEAD."





INTRODUCTION FOR FACILITATORS

Welcome, Coaches!

First off—THANK YOU for stepping up to lead this powerful session designed to inspire and empower girls in sports. You're taking the lead on a **Red Hot** session aimed at helping girls and young women find their place in the game—on any team, in any role, and with full confidence. Whether you're a seasoned coach or new to the sideline, you've got what it takes to help these risings stars **take the shot** and recognize their power in sport.

This program is like a **solid game plan**: structured for support, flexible for flow. Sessions can run **30 minutes to two hours**—set the tone, read the group, and adjust as needed. Start strong with the **"Girls Get in the Game"** video by the WNBA All-Star Girls and Women Engagement Committee. Watch it together if possible—or share it ahead of time—and then huddle up for a reflection.

These sessions work best in person for that **full-court feel**, but virtual is an option too. Use this guide as **your playbook**—review it ahead of time, pick the drills (activities) that best suit your group, and bring a few stories to kick off conversation.

Most importantly, **don't dominate** the court —pass the ball. Let the girls lead, dive deep, and explore. **Growth happens when they own the court.**

So lace up, lead with heart, and help these rising stars shine. Let's **get in the game** and make this a slam dunk!

Sincerely,

The WNBA All-Star 2025 Host Committee

WELCOME & VIDEO



WELCOME & VIDEO (10 MINS)

Objective: Set the tone, inspire, and frame the conversation.

Facilitator Talking Points

Before diving into the toolkit activities, it's essential to begin with a shared understanding of why this work matters. To kick things off, we'll be watching a short video titled "Girls Get in the Game."

This 6-minute video sets the stage for the entire experience. It highlights the joys, challenges, and importance of girls participating in sports and physical activity. Through real stories and positive messaging, it introduces key themes that will carry through the rest of the session: confidence, inclusion, community, and fun.

Say something like:

"Welcome, everyone! Today's all about you—your voice, your strength, and how sports can shape who you are and who you want to be. Whether you play competitively or casually, or you're just curious, there's a place for you here."

"We're kicking things off with a short video called 'Girls Get in the Game.' As you watch, notice what stands out—what makes you nod, what surprises you, and how you see yourself in the stories."

What to Do:

- 1. Gather the group together in a comfortable viewing area with a screen or projector if possible.
 - Play the video.



After the video, invite 2–3 responses with:

"What moment stuck with you?"

"Did anything feel personal—or totally new?"

Facilitator Tip: Start with warmth, not pressure. This first moment sets the tone—smile, be authentic, and don't be afraid to pause and let the girls think before they answer.



ICEBREAKER: SPORTS + SELF IDENTITY (10-15 MINS)

Objective: Warm up the group, make space for personal connection.

Facilitator Talking Points

Say: "Let's start by getting to know each other through the lens of sports and movement—not just what we play, but what we've learned from it."

"You'll each share your name, a sport you play or want to try, and one thing sports (or movement) have taught you about yourself."

Prompt example:

"Hi, I'm Taylor. I play soccer, and it's taught me how to lead when things get chaotic."

Optional: Write these on sticky notes for a "Who We Are Through Sports" wall or chart paper.

WHY SPORTS MATTER



WHY SPORTS MATTER (15-20 MINS)

Objective: Help girls see how sports build the whole person—body, mind, leadership.

Discussion Prompts

Use these questions to help girls connect their own experiences to the bigger picture of what sports can do.

Say something like:

"Sports are about more than just wins. They build who we are—from how we handle stress, to how we lead, to how we show up for others. Let's explore that together."

Ask:

- "When have you felt most confident in your body?"
- "What have you learned about resilience through sport or movement?"
- "What does leadership look like on a team—or off of it?"

BREAKING BARRIERS



BREAKING BARRIERS (15-20 MINS)

Objective: Explore the real challenges high school girls face in sports—like stereotypes, pressure, and self-doubt—and use conversation, facts, and shared experiences to fuel confidence and peer support.

Facilitator Talking Points

This section is all about naming the hard stuff—but in a way that builds strength, solidarity, and solutions.

Say:

"Let's be real—being a girl in sports can be tough. There are stereotypes, pressure, and people who underestimate you. Today, we're not avoiding those—we're going to talk about them and power through."

··· Ask:

- "What are some barriers you've experienced or seen?"
- "How do you handle moments when people don't believe in you?"
- "What would you say to a younger girl feeling that same pressure?"

Activity: Barrier → Breakthrough

On one side of a notecard, write a real barrier (e.g., "I'm not tall enough"). On the other side, flip the script ("Speed is my strength"). Share and support each other.

Close with:

"Thanks for sharing. Every time we name a challenge, we take away some of its power. These aren't signs of weakness—they're proof of how strong we are for showing up anyway."







ROLE MODELS & REAL STORIES (15 MINS)

Objective: Connect girls to stories that reflect possibility and perseverance.

Facilitator Talking Points

Say something like:

"Seeing someone else do something hard makes it feel more possible for us.

Whether it's a pro athlete or someone in our own school, role models help shape our path."

Ask:

- "Who do you admire—and why?"
- "What does it mean to be a role model, even if you're not famous?"
- "When have you inspired someone else?"

Facilitator Talking Points

This moment is all about showing girls that they belong in the story. Seeing and hearing about other women and girls in sports helps them believe: "She did it, so I can too."

Say something like:

"Today, we're going to hear real stories of girls and women who have done amazing things in sports. Some are famous, and some are right here in our own communities. These women didn't give up, even when it was hard—and you'll see, they started a lot like you."



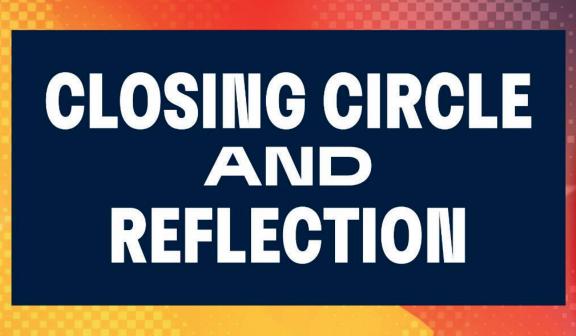
Ask:

- "Have you ever had a role model—someone you look up to?"
- "What makes someone inspiring to you?"
- "Have you ever done something that made you feel like a role model to someone else?

— Facilitator Tip: Emphasize that role models can be athletes, coaches, family members, or even friends—what matters is how they inspire courage and effort.

Wrap up with:

"Every one of you is already writing your story—whether you realize it or not. You never know who's watching you step out of your comfort zone and thinking, 'If she can do it, maybe I can too.' You don't need a million followers to be a role model. Just be real, be brave, and keep showing up."





CLOSING CIRCLE & REFLECTION (10-15 MINS)

Objective: Bring the session full circle with gratitude, reflection, and a big boost of empowerment.

Facilitator Talking Points

Say something like:

"We've talked, moved, and shared a lot today. Let's end the way most teams do —together in a circle. This is your chance to own what you've learned and begin to think about where you want to go next."

Ask each girl to answer one of the questions below (or pick a single question for everyone to answer.

- "What's one thing you're proud of from today?"
- "What's one step you'll take this week to lead with courage?"
- "What message would you give to a younger girl just starting her journey?"



Final Activity: Power Pose + Affirmation

Objective: End the day with movement, confidence, and a memorable message.

Say something like:

"Okay, so a power pose is basically your body's way of saying, 'I've got this.' It's a strong, confident stance—like you're about to walk into a big game, give a speech, or take on the world.

So I want everyone to stand tall, feet planted, shoulders back. You can put your hands on your hips like a superhero, or raise your arms overhead like you just scored the winning point—whatever makes you feel strong and confident.

It might feel a little silly at first, but trust me—when you hold a power pose, your brain actually starts to believe what your body is saying: 'I am strong. I can do this. I belong here.' So take up space and own it. You deserve to."

Ask everyone to stand tall, hands on hips, strong and proud.

"Before we wrap up, take a second to look around. You've just spent time learning, sharing, and showing up—not just for this session, but for yourself. That matters.

Whether you've been playing sports your whole life or you're just starting to think about trying something new, you belong in this space. You don't have to have it all figured out. You just have to be open, be brave, and take that next step—whatever it looks like for you.



And don't forget—when you lift up the girls around you, you're not just building a team, you're building a movement. One that says: We lead, we try, we rise—together.

So walk out of here proud, curious, and ready to keep showing up. Because girls who play..."

(Let the group respond:) "...become women who lead."