



# Equality Committee

## Top 10 Tips for Equal Play

1

Encourage both genders to step up into leadership roles (e.g. lead a drill or warm-up, generate a team chat about goals or spirit, suggest an offensive or defensive strategy, etc.).

2

Create a positive environment where players feel supported. Emphasize fun! Be mindful of language and image, and have zero tolerance for poor behaviour of others.

3

Play points where women can only throw to men and men to women.

4

Team debrief after games and see if all players felt they were given the opportunity to contribute? (e.g. rank on a scale of 1-10, discuss as a team)

5

Need to engage your players? Try to actively focus on one player per game to increase their level of participation. Rotate between players throughout the summer, and highlight strengths and areas of improvement. (e.g. try to increase their number of catches, work on a skill, encourage them to pick up the disc, etc.)

6

If your team has a primary male (or female) handler, try and play a game where the other gender predominantly picks up the disc.

7

Try to play points where everyone on the team touches the disc.

8

Teach the basics, and allow time for questions! Helping players improve their skills and understanding of the game will help boost their confidence playing.

9

Create more opportunities for team social activities.

10

Encourage teammates to speak up if they feel underutilized.