Diary entry 2

In the game of basketball my IPS was effective communication. I did this by giving a demonstration to a team member who didn’t quite understand or to show them a good technique. An example of this would be when I was showing RR how to bounce the basketball to have more control. Also saying, “place the ball lightly on the backboard so it will go in straightaway.” This encouraged team members to try and attempt a shot and how to be successful.

I also helped supported and encouraged my team by suggesting what to do so we could be successful in the game. For example, “Spread out, TT, AA it’s free on your left.” and “stand there to catch the ball from RR.” This ensures some team members will remember what to do and where to go and therefore contribute to the game more. It also helped the team as a whole as they know which players are free to receive the ball, where to run and the best tactic. Such as, “Look out for SS on your left and block her from receiving the ball.” Our team was more successful at getting the ball down the court and scoring.

To further improve my IPS, I think next time I could support and encourage more, and consistently and support/encourage each person in my team as an individual.