

Bonus Activity:

Football Field

A fun game which combines football and drawing in one activity, while discussing both positive and negative aspects of sport.

Description

- The participants are divided into small groups of 4-5 persons. The selection of the groups should be done randomly.
- Explain the exercise.
- Each group gets a flipchart paper and a flipchart pen.
On command each group starts to draw a football pitch according to these rules:
 - All participants in a group must touch the pen at all times.
 - The group is not allowed to drop the pen (to take the pen off the paper and start at another point)
 - The participants are not allowed to talk to each other.
- After the coach gives the go, all groups must start drawing the football field applying the 3 rules.
- The first group that finishes the field wins.
- After every group is finished, they present each other their drawings and discuss the exercise.

Second Part of the exercise:

- The football field is divided into a negative (-) and a positive (+) half.
- Each group discuss negative aspects of sports or a field of sport and write the keywords on the flipchart sheet. After 5 minutes, the same exercise is performed with the positive aspects.
- The groups present their results.
- The coach summarizes the key points.
- Finally, there is a short discussion with the participants, contextualizing topics and keywords of the exercise that are relevant for the workshop.

Discussion questions

Reflect

Who took the pen? Did everybody touch the pen? Who took the lead and why?

Connect

How was the fact that you were not able to talk? How did you communicate?

Apply

How can this game be compared to a real life situation?

Facilitation notes

A small competition among the groups can be entertaining, but the main aim is not to draw the most beautiful football field in the shortest time! The coach can hand out more pens in the second half of this exercise (Negative and positive aspects of sport). The coach and the group should establish some ground rules for discussion.

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| Number of Teachers or Coaches | 2 |
| Number of Students or Athletes | 24 |
| Typical Age Group | 12+ |
| Time Needed | 30min |
| Space Needed | Classroom |
| Materials Needed | <ul style="list-style-type: none">- Flipcharts- Eddings- Tables |
| Activity Objective | Build leadership capacities Get to know the potential barriers of sport |
| Related Units | 2&3 |
| Related Learning Competences | Teamwork, recognizing the potentials and challenges of sport, leadership. |