

Bonus Activity:

Football for All

An excellent exercise to experience discrimination and build empathy through football towards those discriminated or excluded.

Description

- Participants will play a football game while playing a role.
- The coach needs to create two teams of an equal number of players and give each player a role card (using the same set of cards for both teams).
- Both teams get bibs in two different colors.
- Instruct the participants about the rules.
- Every player gets a role on a small piece of paper which he/she is not allowed to show to anyone else, not even the teammates.
- Ask the participants to imagine a person described on their card.
- Give participants 3-5 minutes to study and get into the role. In this phase, each participant needs to be alone and concentrate on the role.
- Explain that in every 1-2 minutes in the game, one situation will be shown and described to all players during the football game and all players should then decide how that situation would affect their role. If any player feels that the situation described is fully applicable to the role from their card, they can continue to play on without any restrictions.
- At the same time, if any player feels that the situation described is not applicable at all to the role on their card, they then must stop playing.
- At that moment, they must freeze and should not participate in the game.
- If there is a goal on whatever side, all players are allowed to move and play again. The coach can explain a situation every 1-2 minutes.
- The two teams can play together for 10 minutes in total with a short break in between.

Discussion questions

Reflect

How did you feel during the game? What do you think of your role person? How did the game go? What did you observe during the game?

Connect

What do you think of your role person's access to sport? What relevance do you see to reality? Why is it important to be inclusive? Do you think your sport group is inclusive? What could you do to improve the inclusion of your team?

Apply

Do you think that discriminated people face problems participating in sports? Were there any other barriers for participation in the exercise? What did you learn?

Facilitation notes

The coach needs to write down the roles and cut them out of a short piece of paper. Then the educator counts how many participants he/she will need role cards for and then select which cards to give to the participants. It is easier to have two teams with two roles in each team but not necessary. It is recommendable to play a “normal” football game without input for the last 3-5min at the end of the exercise. After the debriefing it is possible for the group to share their roles with each other. It is not mandatory to do that if someone doesn’t feel comfortable. It is of importance not to share the roles an earlier point of the exercise. In that way the group can see how each person interpreted their role.

Number of Teachers or Coaches	2
Number of Students or Athletes	12-20
Typical Age Group	12+
Time Needed	60-80 min
Space Needed	sports hall, football field
Materials Needed	Balls Corns Bibs (2 colours) Goals Printed role cards
Activity Objective	A non-formal education exercise that focuses on equal rights and equal opportunities for people with different identities and conditions in sport. Its main (general) learning outcome is building empathy and solidarity with people who experience discrimination.
Related Units	Unit 2&3
Related Learning Competences	Communication, cooperation, critical thinking and taking decision, understanding of discrimination, stereotypes

The roles

1. Iranian basketball player – a female muslim with headscarf

You are an Iranian basketball player (18). You are a devout Muslim and wear a sports headscarf while playing. In your country, it is believed that women should not play basketball, but you love it. You will receive a sports scholarship for an American university and can study there and practice your sport. All teammates at this university must use uniform sportswear from the sponsor and you should therefore remove your headgear. That makes you unhappy, but you want to belong to the team.

2. Horse rider woman from Germany – married & wealthy – interest in politics

You are the daughter (24) of a rich German lawyer. You have been riding horses since you were 5 years old and you are very successful. You have your own riding horse, a riding stable and participate in international tournaments. Your husband and family support you. You can fully dedicate yourself to your riding career. You work in a political group in your spare time and therefore various people insult and offend you on the Internet. In spite of your very good athletic achievements, you are not invited to some competitions abroad due to your political opinion.

3. Hungarian Water polo player – poor – married

You are a professional water polo player from Hungary. Your sport is not very popular in your country and you can only live very poorly on your salary. You're married to a dark-skinned woman, but no one on your team knows that and you never take your wife to events. Often people talk disparagingly about black people in the locker room and make silly jokes. You can not talk to anyone about it, because otherwise you will be excluded or even threatened.

4. South African wheelchair dancer – poor

You are a 45-year-old South African wheelchair tournament dancer. You love your sport, which is more a hobby than a profession. You also drive to international tournaments but you have to pay almost all of your travel expenses, accommodation, equipment etc. yourself. It is very often problematic to find suitable dance rooms to train, as many are not suitable for wheelchair users (No Disability Access). You also want to watch dance competitions from dancers who are not sitting in a wheelchair, but it is not always easy to get in the sports facilities by wheelchair.

5. Female Runner from Thailand – successful – “body like a man”

You are a successful middle distance runner (27 years old) and win the Asian Championships at an unprecedented time. After the victory, there are doubts about your performance because your appearance is considered "too masculine" (muscular, physical). It's hard to find a suitable relationship partner because you have such a muscular - not female - body. For the many muscles, however, you have trained very hard, given every free minute and worked hard. You notice how your trainers and opponents whisper behind your back and avoid you. On the Internet, they write about the "man woman", you are verbally abused and it is discussed that you should run with the men.

6. Black male Wrestler – successful – gay

You are an African-American wrestler (34 years old). You have a very good income and many recognized sponsors. Due to your physique (muscles, size, stature) you are regarded as a showpiece and are popular with the fans. When you casually identify yourself as a gay, there are some - unexpectedly - negative fan reactions, bad reports in newspapers, and even death threats on the Internet. The other wrestlers avoid you and do not want to be with you in the locker room at the same time.

7. Italian Handball player – male – unsatisfied with your body

You come to a new handball club and are in the dressing room for the first time. You are shy and you feel bad because everyone has a very athletic (muscular, thin) body. You are a bit overweight and have burns on your body from an accident. You are ashamed of the others and do not want to take a shower with them or move in front of them. Because of that fact your colleagues look at you funny.

8. Hungarian Roma Football player – female - muslim

You are a good football player born in Hungary. Because of your affiliation to the ethnic group of the Roma and because of your religion you are insulted and excluded in your team. You don't wear a headscarf anymore because of the insults. But at a point you had to leave the club. It's hard to find a suitable football club because women's football is not very popular in your country. You want to find a new team, but can not find a suitable one. You would like to go abroad, but because you are Roma, you don't get a passport and you can't leave your country.

9. Female Austrian Golf player – wealthy – born as a man

You (woman, from Austria, 41 years) come from a wealthy family. Now you play golf on an amateur level and would like to switch to the professionals and therefore hire one of the best coaches. You have many resources (money, time, flexibility) to achieve your goal. You were born a man, but now live as a woman. Many people around you know about your change and have no problem with it. Also in the Austrian Golf Association, this is not a problem. For international tournaments in certain countries, of course, because the laws are different there. You are afraid to travel in some countries because of the insults and attacks from the fans and opponents. In some countries, you may not even enter to participate in the competitions.

10. Nigerian Football player – playing in Italy highest league - unhappy

In your first station as a professional, you come (man, 20 years old) to an Italian football club. This club is known for its wild and discriminatory fans. They insult you because of your skin color and make a monkey sounds. You earn a lot of money, play at a well-known club, you are successful but you also feel more "different" than your teammates. Your wife and family are very supportive.

11. Austrian Albanian Volleyball player – very talented – not enough money

You are a 17 year old Albanian from Austria who came to Austria at the age of two. You started playing volleyball at a club early on and you have a good chance of making it into your club's best team. The training camps, the gear, away trips, etc. are always very expensive and your parents can hardly pay. Your teammates also laugh at you sometimes because you do not wear the latest sportswear and you can not afford branded footwear. You start working early and can not go to training as regularly, so your performance is going down.

12. Austrian Canoeist – black - popular

As a canoeist from Austria with black skin you often stand out, because in this sport, there are only a few people with dark skin. But you are very successful, have a very good sponsorship contract, a good team and coaches and are very popular with everyone. After all, after all, the athletic achievements and not the skin color count.

