



# FOOTBALL FOR ALL Manual



MOVE to Be You



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# FOOTBALL FOR ALL Abstract



This manual contains the knoweledge and experience the partners of “Football for All” gathered through facilitating the event. Here the reader will find activities that they can use also see few activities that were used in video. Learn good practices and gain tips on how the events can be successful in order for them to facilitate events such as “Football for All” was.



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# FOOTBALL FOR ALL Activities



## 1 Run into Tolerance

Group size:  
15-20 people

Age range:  
10+

Time:  
45-50min

**Overview:** This exercise uses football or any other sport group game to explore and give understanding of how other people are affected by their circumstances and how things mean different things on different people.

**Description:** Depending of the number of participants and the size of the sport court they are divided in 2 teams. Some players from both teams reserve role cards and they should act accordingly during the game. The goal is to play in the agreed amount of time and score to finish the game.

**Instruction:** The game goes according to the usual know rules thus this time the facilitator will point out some instructions. The playing time should be around 20 minutes with half time break for developing some strategies. About half of the players of each team get a role card (see below). They have 3 minutes to imagine what this person would be like, what feelings they would have, how they would play, what kind of life they would have etc. The role cards are numbered and secret for others. They are not allowed to share it with others they only have to act according to their role when the instructor points it out. The game starts normally without any role and after few minutes, the instructor shouts a number. The person with this role number starts to act accordingly. After some time, the instructor shouts another number and the current one can stop acting and the new number role is starting to act according and so it continues. All the role cards will be used the time of the game keeping in mind to spread it constantly during the game. At the end of the game call the participants for debriefing and evaluation.

**De-brief and Evaluation:**

The facilitator does a short de-rolling exercise before debriefing. These questions could be used:

How did you feel during the game?

What do you think of your role person?

How did the game go? What happened?

Was there any major problem or conflict during the game?

What relevance do you see with tolerance issues?

In light of the exercises what links do you see between your daily life and tolerance?

Did everyone have the right to express themselves during the exercise?

What did you learn?

Do you think acting with tolerance is a human right?

**Material:**  
a ball, field, sport shoes, objects to delineate the goal gates, [role cards printed](#), colorful t-shirts, timer for the instructor

**Preparation:**

- Ensure the working space is safe for delivering the exercise
- Print out the role cards

- Tips:*
- participants should be encouraged to communicate among themselves, to feel free to propose game strategies as the main purpose is not to play perfectly but to express some real problem of the world in the most fun way so a solution can be discovered
  - avoid highlighting some participants on the debrief
  - make sure everyone is involved during the activity





# FOOTBALL FOR ALL Activities



## 2 Little by little

Group size:  
5-10 people  
per team

Age range:  
7+

Time:  
20 min

**Description:** The game consists of setting up teams with the same number of players. One empty bottle is placed at starting point in front of each team. At about 6 meters from the finish line that will be set, a bucket full of water will be placed, one in front of each team. The aim of the activity is to fill in an empty bottle, carrying water from person to person only by using their fists-like a cup. A race is starting and the team who firstly succeeds to fill in their bottle wins the game.

**Instruction:** Let the participants form the teams based on their own criteria within 30 seconds. Each team forms a line between their empty bottles and their bucket full of water positioned 5 meters away. The players using their open fists (like a cup) should carry water from one to the other, little by little in order to fill in their empty bottle. Within their teams, the players create a strategy to achieve their task as soon as possible. A referee should start the game and supervise the activity. The game requires concentration, patience, and everyone has to work as a team. The first team that fills up the bottle, wins. At the end a reflection session is recommended so everyone can express their thoughts and feelings about the activity and their learning outcomes. Some questions could be: How did they choose to be part of the team? How were they feeling during the game? Could they find some similarities with daily life?

**Material:**

- empty bottles (one per team)
- buckets full of water (one per team)
- a field wide enough to accommodate the activity

**Preparation:**

- Ensure the working space is safe for delivering the exercise
- Include and welcome everyone who wants to play

**Tips:**

The activity could continue until all teams finish the task and you can also add some rules and be creative

Working with water will make everything messy and slippery so be careful

Instead of water you can also use sand or seeds or any other material

The distance between the empty bottle and the bucket should be equal for all teams and large enough to fit all the players in a row.





# FOOTBALL FOR ALL Activities



## 3 Name Game

Group size:	Age range:	Time:
Any, preferably 20+	13+	10-15 min

**Overview:** The Name Game is a simple and inclusive way to get everyone comfortable with each other's names, and it can also be a fun way to get creative with adjectives.

**Instruction:** Have everyone stand in a circle. Choose one person to start the game by saying their name and an adjective that starts with the same letter as their name. For example, if their name is Sarah, they might say "Silly Sarah". The person to their left must repeat the first person's name and adjective, then add their own. For example, "Silly Sarah, Jovial John". The next person repeats the previous names and adds their own, and so on until everyone has had a turn. To make it more challenging, you can require each person to also repeat all the previous names and adjectives before adding their own.

**Objectives:** To help participants remember each other's names  
To break the ice and create a more comfortable atmosphere  
To encourage creativity and quick thinking.

**Tips:** Encourage participants to use adjectives that say something about themselves, such as their hobbies, interests, or personality traits.

If someone forgets a previous name or adjective, it's okay to ask for a reminder.

To make it more challenging, add a time limit or require each person to use a different letter for their adjective.

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# FOOTBALL FOR ALL Activities



## 4 Human Knot

Group size:  
Any size

Age range:  
7+

Time:  
20-35 min

**Overview:** The Human Knot is a classic team-building exercise that requires communication, problem-solving, and cooperation. It's a great way to get everyone working together, and it can also be a lot of fun.

**Instruction:** Have everyone stand in a circle, holding hands. Ask for a volunteer and separate him from the group and told him to not look. Then start mixing the people, without letting go of the hands, they can go under or over the other people hands. After you decided to finish mixing, call the person back and told him that he has to unmix the people until they are back into a circle. They are not allowed to separate thier hands during the exerices

**Tips:** Encourage participants to communicate verbally and non-verbally to help untangle the knot. If the group is struggling, add one more person from the group to help untangle. If necessary, allow the group to briefly let go of each other's hands to adjust their positions, but emphasize that they should rejoin hands as quickly as possible. Encourage participants to support and encourage each other throughout the activity.

**Objectives:** To encourage communication and teamwork To develop problem-solving skills To build trust and cooperation among team members

**Tips:**

The activity could continue until all teams finish the task and you can also ad some rules and be creative

Working with water will make everything messy and slippery so be careful

Instead of water you can also use sand or seeds or any other material

The distance between the empty bottle and the bucket should be equal for all teams and large enough to fit all the players in a row.



# FOOTBALL FOR ALL Activities



## 5 Name Bomb

Group size:	Age range:	Time:
Any, preferably 10+	10+	10-15 min

**Overview:** The goal is to help your newly formed team learn one another's names and communicate clearly with each other.

**Instruction:** Stand in a large circle. Go around the circle and have everyone say their names. Once everyone has had a chance to say their name, toss a ball to anyone in the circle. Now, they have two seconds to call someone's name and throw the ball to that person. The objective of the game is to not drop the ball, and at the time say one of the names of the participants.

If whoever catches the ball can't remember anyone's name or makes a mistake, the "bomb" explodes and they're out of the round. Here is an example of how it can look like.

### Objectives:

**Tips:** The number of participants does not really limit this activity, but it works best with group of around 10-15 participants. If we have more of them, it will be good to divide them to into the more groups. After one round, do the exchange of participants and do one more round of this activity.

## 6 Time Bomb

Group size:	Age range:	Time:
Any size	7+	10-20 min

**Overview:** Time Bomb, an exciting and intense game that focuses on listening and focusing skills.

**Instruction:** Select one player to stand in the middle of the circle with a ball. The player chosen must throw the ball to any player in the circle, the ball must be passed to all players until it has been dropped. If the ball is dropped, the players must pass it around the circle as fast as they can, whilst the player in the middle counts down from 10. The player holding the ball when 1 is called out must sit down. The last player standing is the winner.

**Objectives:** The object of the game is for players to pass the ball back and forth. Once the ball has been dropped the players start to pass the ball back and forth again while counting down from 10. The player who is holding the ball when 1 is shouted must sit down. The last player standing will be crowned winner.





# FOOTBALL FOR ALL Activities



## 7 Decision Making

Group size: Any, preferably 10+	Age range: 12+	Time: 20-30 min
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**Overview:** Participants learn the importance of weighing options in order to make conscious decisions.

**Instruction:**

- The teams spread out across the three stations.
- Upon a signal, the first players from each team start and try to dribble through 5 cone gates. They then return to the starting point and pass the ball to allow the next players to start.
- The fastest team (everyone has completed the course once) earns a point. • After each complete team rotation, there is a station switch: 1 to 2, 2 to 3, and so on.

**Material:**

- Approximately 15 randomly placed cone gates.
- 3 teams, each with 2 balls.

**Objectives:** Simulate decision-making situations and allow participants to make choices.

- Observe self-assessment and decision-making speed.

**Tips:**

- Encourage participants to test their decisions.
- Typical phrase: "Are you sure about your choice? There are multiple options."

## 8 Trust path

Group size: Any,preferab ly divisible by 3	Age range: 9+	Time: 10-15 min
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**Overview:** Participants learn trusting one another.

**Instruction:**

- The teams spread out on the base line.
- Three members in each team, the one in the middle gets blindfolded and supported from each side by their teammates.
- First phase: Middle player needs to kick the ball to the other side.
- Second phase: When they reach the other side, they need to get the ball in the middle of the football field. first one wins.
- They can switch who gets blindfolded to continue the activity

**Objectives:** Build trust between participants and teamwork

**Material:**  
•one ball per team



# FOOTBALL FOR ALL Activities



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## Team work

Group size: Any size  
Age range: 7+

**Overview:** Participants learn that they can achieve more together, and that teamwork also means taking care of their teammates.

Time:  
10-20 min

**Instruction:**

- The player in the center dribbles towards as many cones as possible and touches them with their hand. Meanwhile, the outer 5 players try to hit the ball by passing two balls across the rondo.
- Each player has one turn in the center (establish a predetermined order, such as clockwise).
- If the ball is hit, the player in the center switches with the hitter.

**Objectives:**

- Strengthen the team spirit and create a sense of "us."
- Convey the advantage of cooperation and unity.
- Observe communication within the team.
- Typical phrase: "Together, you are strong!"

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## Human Geography

Group size: up to 15 people  
Age range: 7+  
Time: 20 min

Materials: a ball

**Overview:** A game to play with the ball and learn about the other people

**Tips:** groups not too big to allow people to talk, dimension of the field not too large for the same reason. Best for intercultural groups but can be adapted for any group

**Instructions;**

Gather people in circle in the middle of the field. Tell them to imagine the field is the world map (or the country map in case of national groups), explain in detail where is the north-south-east-west. If necessary put a reference regarding the country/city you are now. Then explain that you will ask something and they have to move around the space and place themselves in the place according to their answer. Start with a simple question, put yourself in the place you were born. people will need to communicate and think about geographical position, facilitator can help if they are having difficulties. When they are in their position we share out loud in which place they are. Then, facilitator is giving the ball to one of the participants and call where the ball has to go. The participants need to kick the ball and send it to the place shouted by the facilitator. The game can continue with other sessions, for example, go to the city of your favourite football team, or go to the place in which you have a football memory to share, and so on.

**Objectives:** Learn about the others, where they come from and share some stories.



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# FOOTBALL FOR ALL Activities

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## HE HA HO HI HU

Group size: 6+      Age range 10+  
Time: 30 minutes

**Overview:** Empower people to communicate without using language and by using body language or specific sounds

**Instruction:**

- Divide the participants into two groups (Depends on the number of people, we recommend 10-15 per circle.)
- Participants pass an invisible ball and make the following sounds: Ø "HA" - when passing the ball to the right. Ø "HE"- when passing the ball to the left. Ø "HI" - when passing the ball to someone (except to the person next to you) Ø "HO"- when you receive the ball,you can skip that turn by saying HO and shaking the hands above your head. (You can skip the ball max 2 times.) Ø "HU"- put your hands up in the air and roll them. Then everybody should change their positions.
- If a participant makes a mistake, they need to change the circle, in case there is only one circle playing the game, the participants gets eliminated
- Reflection

**Objectives:**

Breaking language barriers, getting to know each other



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## Rock Paper Scissors Tounamemnt

Group size: 10+      Age range: 6+  
Time: 5-15 minutes

**Overview:** Fast paced rock paper scissors to use as an icebreaker and build a sense of community.

**Instructions;** Have the group in pairs face each other they play rock paper scissors, the one who loses gets behind the winner and chants and supports him. Continue to play with other people until one remains. You can play it a couple of times and then start other activities.

**Objectives:**

- Empowering and encouraging each other
- Getting the participants energetic



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# FOOTBALL FOR ALL

## Good practices

### EVENTS

1

#### Sports for all



Multiplier event of sports-Intergration of refugees  
This can be implemented with any kind of sport.  
Set the frequency of the event, for example first Saturday of the month and the time that would suit best, based on the working hours, the temperatures etc. For example from 11:00-14:00.

Invite people of all ages with no qualifications needed just to come and enjoy playing. Collaborate with ngo's working with refugees and migrants and invite them to participate, disseminate also in local level.

At this day, create a nice atmosphere by starting with team building activities and get to know each other. Afterwards, play in small or big groups depending on the sport, the space and number of participants.

There are a few things to keep in mind:

- Try to collaborate with other organisations if you want to create a wider dissemination and create a bigger impact
- Look for an organisation that can help with catering if possible or organise a private company for snacks and drinks
- Have multiple colored shirt to split the groups
- Have a doctor for the event in any case and a first aid kit

2

#### Charity Event

Organising a themed charity event. An example can be a women's only football tournament with a fee that will be towards supporting the event and the cause. This way you can self-fund the event without the need to receive outside support. Additionally, you can invite women's associations from your local area in order to support.





# FOOTBALL FOR ALL

## Good practices

### EVENTS



#### 3 Football Trainings

In Austria the partner managed to get a discount from the football pitch owner because of the nature of the event. It is layout was more of a training as they employed football coaches and the participants gained skills of football having to display them in the end by playing a match against another of the groups that trained. The matches were conducted without referees and at the end the most sportsman from each team would play a small game e.g. rock paper scissors to win a small prize



#### 4 Football with Schools

If you find trouble getting your target group to join you can try partnering up with local educators. Our romanian partner engaged with schools in order to provide the event with stable participants. Then ,they invited and engage with minority groups such as refugees and Roma ,in their area with support from a local sport's highschool and football club. They managed to engage the local community this way and engaged over 700 participants and get them to share more opportunities with Erasmus and other mobilities





# Activity Videos

**Click on the names**

**1**

**[Play together](#)**

**2**

**[Catch the numbers](#)**

**3**

**[Cooperation body](#)**

**4**

**[Momentum maker](#)**

**5**

**[Goal setting](#)**

**6**

**[Human knot](#)**

**7**

**[Name bomb](#)**



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# FOOTBALL FOR ALL Tips

## Organisational Tips of Football for All

- To get your wanted target group to participate. partner up with local relevant organisations.
- Try to invite people on the field and use more physical media and word of mouth
- During events remind the rules of the event and follow up on them, promote friendly interactions.
- Use ice breaking activities in the beginning of the event in order to get a team bonded.
- Find sponsors for the event space as the renting of space is the most expensive part of the events.
- Create a point of communication for all participants, we saw that a whatsapp group is most useful to convey information as cancellations sending out participation forms etc.
- Create diverse events trying to mix up the regular people with other social groups in your are
- Have the participants share a meal and reflect in the end.





# FOOTBALL FOR ALL Flow

## Average event

### Phase 1 (before the event) :

Invite participants, book the football pitch, make preparations for the amount of people expected to come like amount of food , equipment (gloves, footballs, shirts), hire first aid professionals for the event

### Phase 2 (during the event):

Greet the participants, have them write down their names and any other basic information after you have asked their consent, start icebreaking activities and warmup, split into teams, start the matches, have water ready on the sidelines when they will need it

### Phase 3 (After the event):

When the matches finishes, provide them with a light meal, ask them questions for feedback, inform them about the whatsapp group and the next date of the event





# FOOTBALL FOR ALL



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