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HOST COMMUNITY AND REFUGEES VIOLENCE PREVENTION THROUGH FOOTBALL

GERMAN
DEVELOPMENT
COOPERATION
SPORT FOR
DEVELOPMENT



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HOST COMMUNITY AND REFUGEES
VIOLENCE PREVENTION
THROUGH FOOTBALL

Commissioned by the German Federal Ministry for Economic Cooperation and Development (BMZ), the Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH began to work through the 'Sport for Development in Africa' (S4DA) Regional Project in 2014 to establish sport as a means of achieving development objectives in selected African countries.

S4DA aims at creating access for children and young persons to development opportunities through sport. It focuses on the creation of access to infrastructure and the sustainable implementation of sport-pedagogical exercises. S4DA is active in Ethiopia, Kenya, Mozambique, Namibia and Togo and – to a lesser extent – the project supports activities also in other African countries. S4DA makes a significant contribution to the initiative 'More Space for Sport - 1,000 Chances for Africa' which was launched by the BMZ.

The present pocket drill book has been developed in close cooperation of S4DA and local organizations and integrates knowledge on specific local needs and topics.

The following persons and institutions collaborated in the development of this manual and contributed with their knowledge to the content:

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Diagram Table

 Passing	 Dribbling	 Passing or shooting
GK Goalkeeper	    Cones	 Running

These drills herein are aimed at guiding physical education teachers and coaches on how to use the universally recognized tenets of football fair-play to prevent violence by promoting mutual peace and common coexistence.

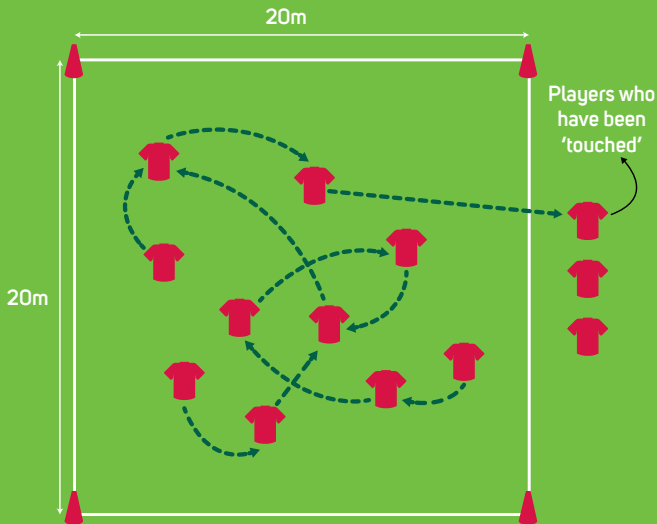
Note that the materials mentioned for the drills can be improvised with locally available materials, e.g. ashes to mark the fields, plastic bottles among others.

COORDINATION

**CATCH
AS YOU
CAN**

**PARTICIPANTS
10 OR MORE**

**EQUIPMENT
CONES
BIBS**



What to do

The participants disperse evenly on the field. Upon a command by the coach, previously agreed upon, each player starts to try and touch as many co-players as possible. Upon being touched, the player gets out of the game and crouches. When the game is over because no players are left, a new round begins.

VARIATION:

Each player tucks in a bib and tries to collect as many bibs as possible from other players.

Each player dribbles his / her ball, tries to kick out his / her opponent's ball(s), while protecting his / her own.

FOLLOWUP DISCUSSION

How was the drill?

Everybody against everybody:
how is violence inflicted from one person to the other?

How can peace be promoted through influencing each other positively?

Coaching tips:

Warm up game, finding space.

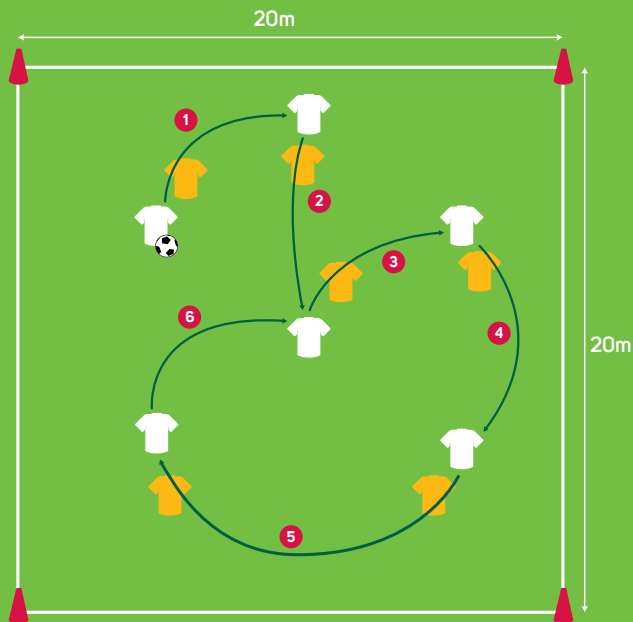
Peace is our
responsibility

**BALL
POSSESSION**

PARTY BALL

**PARTICIPANTS
8 OR MORE**

**EQUIPMENT
CONES
FOOTBALL
BIBS**



What to do

Create two teams of equal number of players. The players of each team try to pass the ball amongst each other as many times as possible. The opposite team tries to prevent this and reach the highest number of passes within the team themselves. Each pass scores one point. Only the subsequent passes within one team are counted. If the passing of the ball is interrupted by the opposing team, the counting has to start again. The team with the highest score within a certain time limit (e.g. 10 minutes) wins. With marked field lines, if a player steps over the field line, the opponent gets the ball. Do not run with the ball in hand for more than 2 steps i.e. stop, and pass it on or dribble.

VARIATION:

The football is passed and dribbled with the feet. The players of each team try to pass the ball amongst each other as many times as possible.

FOLLOW UP DISCUSSION

How was the drill?

What contributed to the success of the winning team?

What is the importance of team work?

**Everybody in -
Team work!**

Coaching tips:

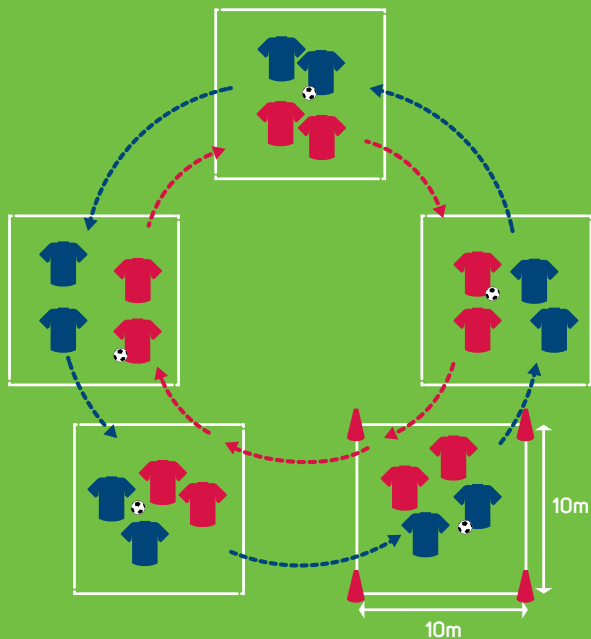
Finding space, communication and accurate passing.

COORDINATION

2V2

PARTICIPANTS
8 OR MORE

EQUIPMENT
CONES
FOOTBALLS
BIBS



What to do

The drill starts with five matches set up in squares. The teams within the square compete for ball possession, when the coach shouts 'change' or blows the whistle, every team leaves the ball in the square and runs clockwise to the next square and plays against the same players. After changing squares, the player that gets to the ball first starts the game.

VARIATION:

The players with ball possession run clockwise and the players without run anti clockwise to the next square.

FOLLOWUP DISCUSSION

How was the drill?

How do we react to change?

What is the importance of having a second chance?

Share experiences where a perpetrator becomes a peace promoter and vice versa.

Coaching tips:

Close control, use tricks to beat opponents, change of direction.

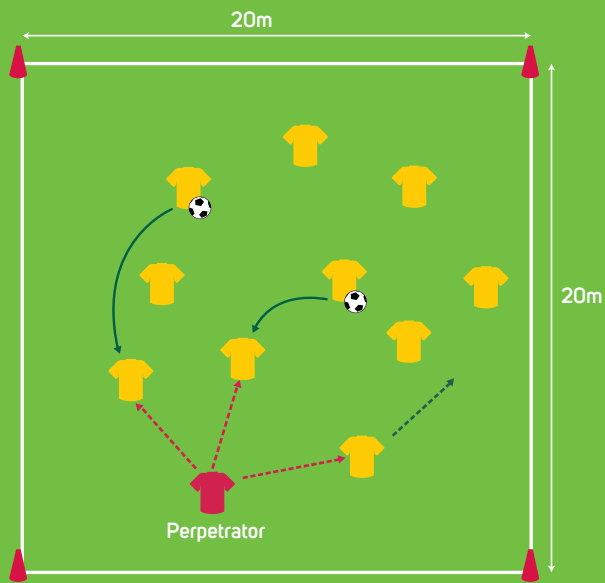
Change is inevitable.

**BALL
POSSESSION**

TAG A PLAYER

**PARTICIPANTS
10 OR MORE**

**EQUIPMENT
CONES
FOOTBALL
BIBS**



What to do

Mark out a square large enough for the number of players. All players have to move around as they pass the balls within the marked field. One player (acts as a perpetrator) tries to tag players who don't have the ball. The players are safe if they have the ball; if they are tagged they have to run one lap around the marked field before re-entering the game. The coach instructs the players, that if they see someone being chased by the perpetrator they should pass the ball to them.

VARIATION:

You can add more taggers (2 to 4) and more balls, this will prompt more communication.

FOLLOWUP DISCUSSION

How was the drill?

What is your role in preventing violence or protecting others from violence (relate this to the act of passing the ball to the other players in the game)?

How can we assist each other as peers in avoiding violence?

**Be your
neighbor's
keeper!**

Coaching tips:

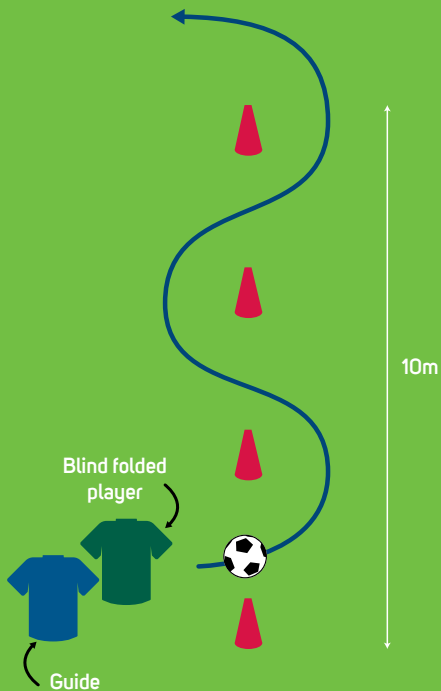
Ball circulation, space, accurate passing and communication.

DRIBBLING

GUIDE THE BLIND

**PARTICIPANTS
2 OR MORE**

**EQUIPMENT
CONES
FOOTBALL
BLIND FOLDS**



What to do

Arrange the cones on a straight line. Each player gets a partner, one will be blindfolded. Have the blindfolded player dribbling the ball through the cones guided by the other player. There should be no physical contact between the two players. The players then switch roles.

VARIATION:

If cones are not available, use other locally available resources e.g. small stones in place of cones or draw round circles on the ground using a stick.

FOLLOW UP DISCUSSION

How was the drill?

Share your experience on the challenges you faced while blindfolded and while being guided.

Good communication skills and leadership skills support peace promotion.

Relate the experience of the drill to the situation in your community.

Coaching tips:

Close control of the ball and dribbling.

**Use your
words and not
your fist!**

SCORING

**ALL
PENALTY**

**PARTICIPANTS
10 OR MORE**

EQUIPMENT

**CONES
FOOTBALL
BIBS
GOALPOSTS**



What to do

The drill starts with two teams consisting of the same number of players including a goal keeper, while the coach acts as a referee. Each team tries to score as many goals as possible against their opponents. When any foul is committed, or any football rule is broken (including when the football is out of the marked field), the opponents get an automatic penalty.

VARIATION:

You can increase the number of players or decrease the size of the pitch.

One of the players can be appointed as a referee.

FOLLOWUP DISCUSSION

How was the drill?

How do we deal with anger and frustration?

How does the mistake of one player affect the team as a whole?

Share the importance of respecting each other.

Coaching tips:

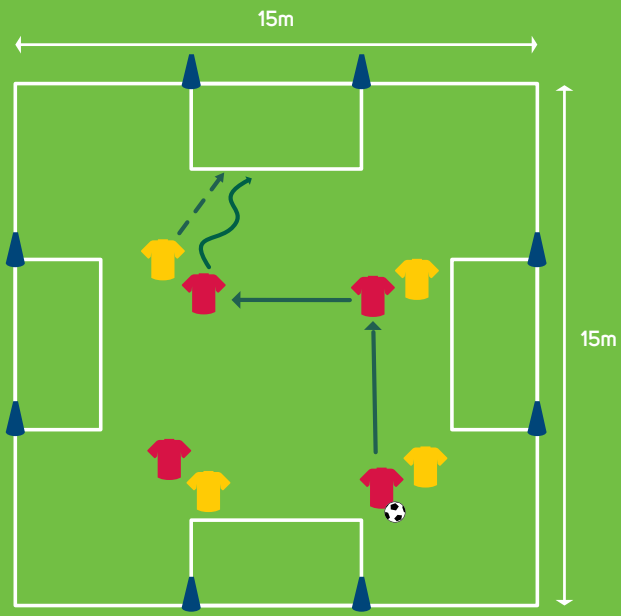
Fair play, scoring (penalties) and communication.

**Stop,
Think,
Act!**

SCORING
SCORING
GAME

PARTICIPANTS
8 OR MORE

EQUIPMENT
CONES
FOOTBALL
BIBS
SMALL GOALPOSTS



What to do

Two teams play against each other. Each team tries to score and defend four goal posts at the same time. In case one team scores the other team gets the ball and can restart the game immediately.

VARIATION:

You can increase / decrease the number of players / size of the pitch. Introduce goalkeepers and increase the size of the pitch.

Each team to defend two goal posts.

FOLLOW UP DISCUSSION

How was the drill?

How do we deal with unfairness?

How do we share limited resources in our communities?

How do we take advantage of opportunities when they present themselves?

Equate the experience with sharing of resources and how to accept defeat or loss in different circumstances.

Coaching tips:

Anticipation, defending, shooting and goalkeeping.

**Unfairness
is not always
unfair!**

COORDINATION

GONDI SINYA

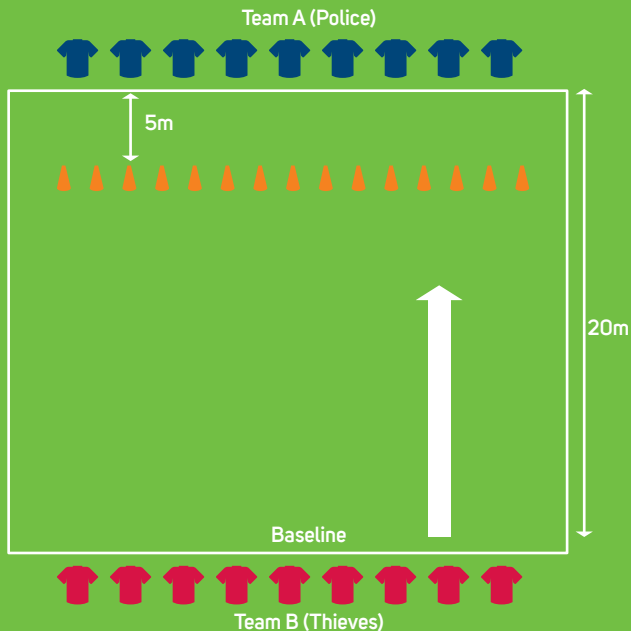
(THIEF vs POLICE)

PARTICIPANTS

8 OR MORE

EQUIPMENT

**CONES
FOOTBALL
BIBS**



What to do

Divide the team into two, each team stands at the baseline. The game begins when team A (police) is in possession of the cones. Team B (thieves) will run across the field trying to steal the cones from team A. A member of the police team will try to chase the thief before reaching the touchline of their team. If the thief is caught the cone is returned and the thief is out, reducing the players from the thief team. In case the thief is not caught the police is out. In the second half the teams change roles.

VARIATION:

Replace the cones with footballs and instruct the players to dribble the football back to the baseline.

FOLLOW UP DISCUSSION

How was the drill?

The drill focuses on understanding the perpetrator and the victim.

Share the different experiences during which one was a 'thief' and when they changed to a 'police' and vice versa.

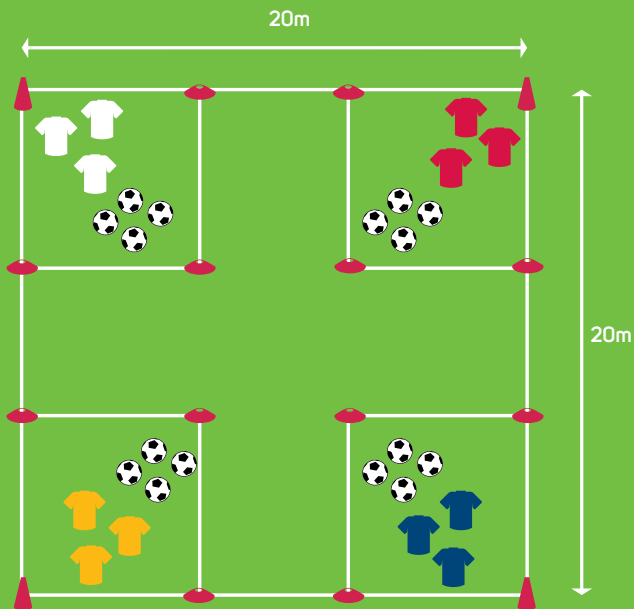
**Everyone has
a chance to
change.**

Coaching tips: Quick runs, finding space.

DRIBBLING
TIME'S
UP

PARTICIPANTS
8 OR MORE

EQUIPMENT
CONES
FOOTBALL



What to do

Divide the players into four groups. Each team takes a corner with a selected number of balls. When the whistle blows each team tries to go to the other three quarters to pick a ball and dribble back to their quarter, no player is allowed to guard the balls in their quarter. The winning team is that which will have collected most balls to their quarter when time is up.

VARIATION:

This drill can be done by collecting plastic bottles bibs / cones in place of balls etc.

Increase or decrease the number / size of the players / pitch.

FOLLOW UP DISCUSSION

How was the drill?

What is the best strategy if you want to win this game?

This drill can be used to demonstrate how conflict can be caused by struggle of limited resources

What is the benefit of winning the game?

It is not about lack of enough resources - it is how we choose to share the available resources!

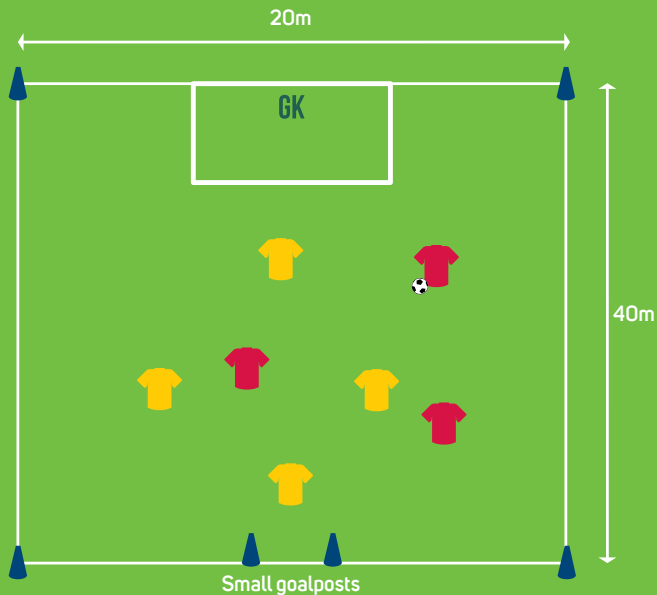
Coaching tips:

Dribbling, endurance, close ball control and speed.

SCORING
HOPE

PARTICIPANTS
8 OR MORE

EQUIPMENT
CONES
FOOTBALL
BIBS
GOALPOSTS



What to do

Set up a large goalpost and a small dribble goalpost on the base line opposite each other. One player of the team that is defending the large goalpost acts as the goal keeper. Two teams play against each other.

VARIATION:

Change the goal keeper after a few minutes to enable more players to have the same experience.

FOLLOWUP DISCUSSION

How was the drill?

How do we deal with inequalities?

Relate the experiences from the game to your personal life or to your community.

**There is hope
for change!**

Coaching tips:

Scoring, passing, ball possession and team work.

SCORING

NEED TO BELONG

PARTICIPANTS

13 OR MORE

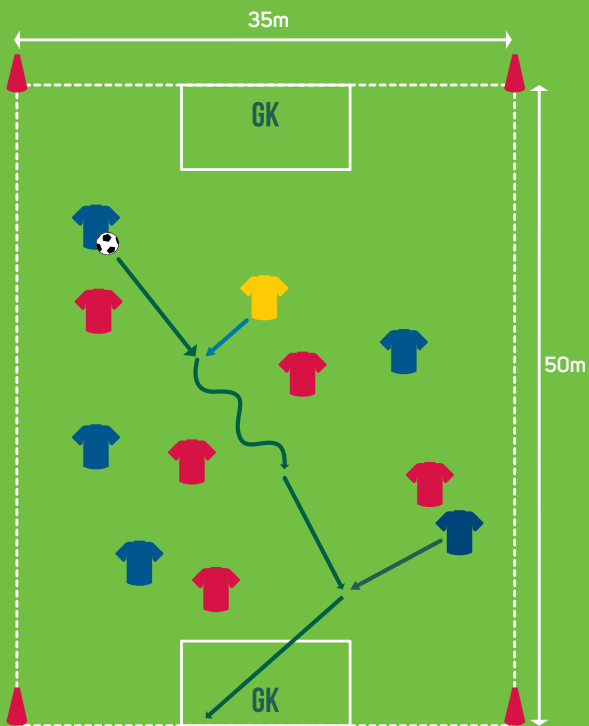
EQUIPMENT

CONES

FOOTBALL

BIBS

GOALPOSTS



What to do

Divide the players into two teams of equal number and ensure you have one neutral player. The teams play against each other. The neutral player will always be on the side with ball possession, thus always being on the attacking side.

VARIATION:

Introduce a second neutral player.

FOLLOWUP DISCUSSION

How was the drill?

As players how do we control our emotions both inside and outside the field?

How does it feel when the neutral player loses the ball?

Bring out the importance of team spirit and self determination showcased by this particular drill.

Discuss the desire of the neutral player to belong to a team.

Coaching tips:

Ball possession and passing and scoring.

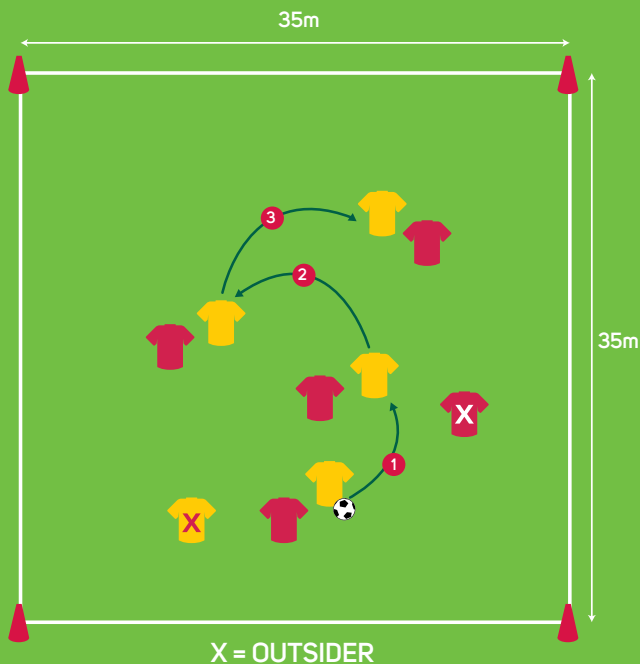
**Life is not
always fair!**

**BALL
POSSESSION**

OUTSIDER GAME

**PARTICIPANTS
10 OR MORE**

**EQUIPMENT
CONES
FOOTBALL
BIBS**



What to do

Create two teams which play against each other. Both teams have an outsider who will not be included in the course of the game. The teammates do not pass the ball to the outsider. The selection of the outsiders is done by the coach. The coach will instruct both teams not to pass the ball to the outsider on their team. The outsider should not be aware of the instruction given to the team.

VARIATION:

One team scores by passing the ball to the outsider.

The other team tries to mark the outsider, preventing them from scoring.

FOLLOWUP DISCUSSION

How was the drill?

The outsiders share with other players what it felt like not having the ball and being ignored.

Relate the experience to how stereotyping plays can lead to violence.

Changing perspective helps to promote peace.

Coaching tips:

Ball possession and accurate passing.

SCORING

NO RULES

PARTICIPANTS
10 OR MORE

EQUIPMENT
CONES
FOOTBALL
BIBS
GOALPOSTS



What to do

Create two teams of an equal number of players and play a match with no rules and without a referee. The coach stresses that 'no rules apply'.

VARIATION:

Players should collectively decide on the rules before the game begins.

FOLLOWUP DISCUSSION

How was the drill?

Do we always need a referee in our games and why?

The importance of following rules / laws in our community and how this ensures a peaceful environment.

Players should learn how to resolve conflicts amongst themselves and treat their opponents fairly.

Relate this to peace keepers in your respective communities.

Coaching tips:

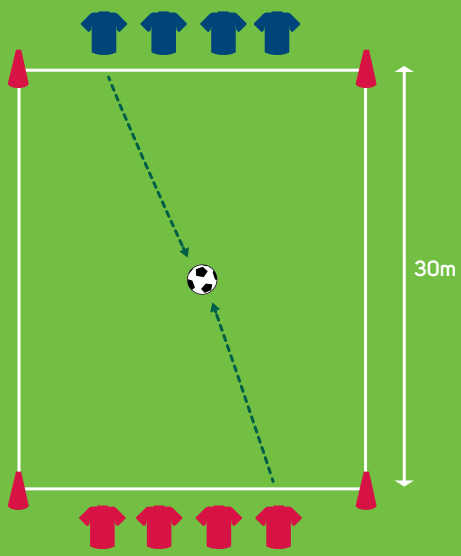
Knowledge of football rules communication and fair play.

Rules and norms promote social order in our community!

DRIBBLING
EWEITE

PARTICIPANTS
6 OR MORE

EQUIPMENT
CONES
FOOTBALL



What to do

Form two teams and place the ball in the middle of the field. Each team queues at the baseline opposite each other with the same distance away from the ball. One player of each team starts running at the blow of the whistle. Whoever gets to the ball first tries to dribble to the other side. The player without the ball is defending.

VARIATION:

The players can carry the ball instead of dribbling.

FOLLOW UP DISCUSSION

How was the drill?

How does it feel to be in possession of the ball and having to defend it?

What are some of the situations that force us to defend our resources and to defend ourselves?

What are some of the peaceful ways we can use to defend ourselves and what we believe in?

How do we deal with victory or defeat?

Coaching tips:

Close ball control and defending.

**Sometimes
we win
sometimes we
lose!**



“Sport moves
and
educates!”