



# Moving Youth

## TOOLBOX FOR TRAINING



## CREDITS

This guidebook is a material result of the project **Moving Youth**, implemented by **Association for sustainable development “Pozitiva Samobor”** [Croatia] in partnership with **Brno for you ZS** [Czech Republic], **Aux couleurs du deba** [France], **A.D.E.L - Association for development, education and labour** [Slovakia], **Perspektiva** [Latvia], **Association Youth 4 Nation** [Romania], **Association Cultural Tabala** [Spain], **Just do it** [Poland], **Svyat na bydeshteto** [Bulgaria], **Positiva Milano** [Italy], **Center for Education and Development** [Macedonia] in Croatia, 2017.

The guidebook is designed to be used within **activities based on sports as a method**, whether working with **youth** or in training with **youth workers**.

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*Moving Youth*  
**FOOTBALL**

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## 1.1. Develop yourself through the blindness

### Short description:

This workshop consists of five stages:

A – BRIEFING

B - WARMING UP THE PLAYERS

C – PRACTICING / DEVELOPING SKILLS

D – THE FOOTBALL GAME ITSELF

E – DEBRIEFING

**Theme:** cooperation / teamwork, tolerance / acceptance & understanding others / empathy, self awareness

**Duration:** 60 minutes

### Detailed instructions for trainers / facilitators:

#### B - WARMING UP

1. A soft walk around the playground. On the instructors clapping, players will change the rhythm, first into a faster walk and then into a soft sprint.
2. After they stop, players will do at least three stretching exercises for about 5 minutes.
3. Players will make a big circle and will jog in one direction. On your clap of hands they have to change direction. Do this for about one minute. After that, the players walk half of the playground for relaxing the muscles.
4. Instructor gives the instructions: at 1 players run forward; at 2 players run backwards; at 3 – they will run to the left; at 4 they will run to the right. Do this for 1-2 minutes.

#### C – PRACTICING / DEVELOPING SKILLS

- Instructor will split the players into two teams, one team blinded, providing a bandana to cover the eyes.
- Each half will be placed in the front of the other and each blind player will choose his/her guide/partner. This is how the teams of two are made.



1. Each team will be provided with a ball and they will be placed in front of a wall. The blind ones will hit the ball towards the wall guided by the partner. They are doing this for three minutes; after that, they will change the positions.
2. Teams are positioned in pairs one in front of the other and the blind ones will pass the ball for about three minutes to the blind player from the other team. After that, the roles will be changed into the teams.
3. Instructor will add to each pair of teams a goal area. Each team should hit to score for about one minute. After that, the roles into the teams are changed and after that teams roles will be changed, too (one team is shooting, the other has a goalkeeper role).
4. Dribbling the obstacles with the ball. The goal area gets into the middle distance between the teams in pairs. Each team must change the position with the other team with the ball dribbling the goal area from the middle. Do this for several times, then you change the role in each team and repeat.

#### **D – THE FOOTBALL GAME ITSELF**

- Make two football teams, each player consisted in a pair of players, one of each team being blinded.
- The blinded players will be guided by the partner / guider and they will play for ten minutes. After that, the roles in each of the two teams will be changed and the game will continue for another half of the game.

#### **Debriefing and evaluation:**

##### **A – BRIEFING**

1. Get together with participants and explain to the players the goals of the workshop and the three stages of it.
2. Give them the questionnaire for assessing the levels of attitudes
3. After questionnaire completion, take them and give the players the general rules. You must be sure as an instructor that the players understood and accepted them.

##### **E – DEBRIEFING**

- o On the debriefing, you can use questions as:
  - § How do you feel?
  - § Have you learned something in this workshop? What did you learn?
  - § What have you learned about you / others / teamwork etc.



§ How you would use the things you have learned to transfer into the real life?

o Each player will receive the same questionnaire to complete; after the completion, they will notice it there are some differences before and after the workshop;

## 1.2. In team we trust

### Short description:

*“Football game where pitch has several “zones” with particular social activities to perform with other follow challenges including tying up legs and eyes covering.”*

**Theme:** Sport, Inclusion

**Duration:** 45 - 60 minutes

**Objectives:** - building a trust

- inclusion of people with disabilities and fewer opportunities
- learning to listen and follow (social empathy)

**Materials:** football, tape (for marking zones), string (rope), eye covers, stopwatch

### Detailed instructions for trainers / facilitators:

1st stage: Creating “friend zones” on the pitch. After stepping into particular zone, player performs specified task given for the zone.

2nd stage: Within the team players are divided into pairs and one of their legs are being tied up together. Then they keep playing.

3rd stage: One player from the pair must use eye cover. The game goes on and after a while they can exchange roles.

### Debriefing and evaluation:

1. FACTS/PROCESS - What did you do?
2. FEELINGS - What did you find challenging? What did you enjoy most? Why did we do this activity?
3. CONCLUSION & APPLICATION - What aspect of the game can you use and implement in real life?



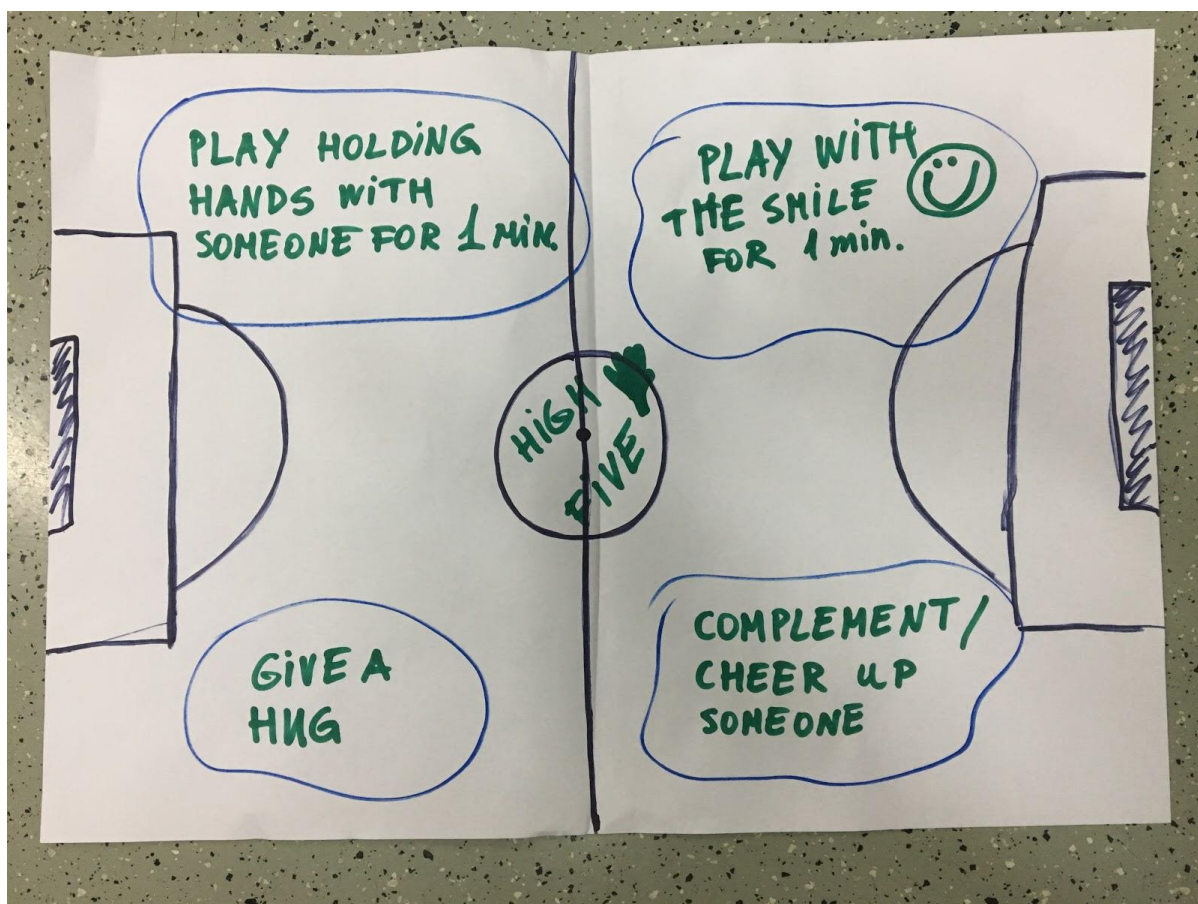


### Additional tips for trainers / facilitators:

Make sure the group is ready to proceed to the next stage. It is very important to sense the group behaviour and give players enough time to adapt and get used to the activity.

### Ideas for action in the local community:

Involvement of people with fewer opportunities. Inclusion and building bridges between people coming from different social groups.



### 1.3. The Ball of Trust

**Short description:** A game in which players pass blind human “balls” to each other.

**Theme:** Trust and Communication

**Duration:** 10 - 25 minutes





**Objectives:** To reach the goal as quick as possible; to make eye contact with teammates; to learn to trust other people

**Materials:** Blindfolds, cones

**Detailed instructions for trainers / facilitators:**

1. Divide 20 participants into two teams of 10.
2. Each team must have the following roles: 1 goalkeeper, 4 “human balls” and 5 players. The roles can be divided randomly or chosen.
3. The players start on one end of the field, while the goalkeeper starts on the other end. Every player but one has a “human ball” next to him.
4. Players without the ball can only move within the borders set by cones, while players with the ball are not allowed to move.
5. The objective is to get to the goalkeeper as quick as possible by passing the balls and moving into open spaces. The objective is complete when the goalkeeper catches all of the “human balls”

**Debriefing and evaluation:** Gather the players. Ask them about the roles they played and about the differences between those roles. Ask about the feelings and emotions they experienced during the game.

**Additional tips for trainers / facilitators:** Warn participants that they have to be careful when passing and receiving the ball. Explain the rules and make sure that everyone understands the details. To make the game harder use static people from the other team as distractions when making a pass. However, make sure they don’t move after the pass is made to avoid and prevent accidents. Also make sure they move only within the designated borders.

**Ideas for action in the local community:** This workshop can be used as a presentation or an intro to an event as an example of physical activity or psychological exercise.

#### 1.4. Together we can

**Short description:** Developing specific/particular skills through multitasking activities in football

**Theme:** Sports, Tolerance, Awareness



**Duration:** 75 minutes

**Objectives:** techniques, communication, team building, strategy, tolerance, critical thinking, empathy, coordination.

**Materials:**

Balls (at least 6)

4 blindfolds

Sticks

Cones

Small gates/goals

Flipchart - to draw a strategy.

**Detailed instructions for trainers / facilitators:**

**Participants:** 12 kids - 8-10 years

3 warm up exercises - duration 5 minutes each - in order to prepare players for the football game

- Explain the rules of the warm up

12 Children divided in pairs standing in lines passing the ball to the partner while running/moving to a given point.

Children divided into two lines standing face to face passing the ball to the partner in front of them.

Children divided into the groups of 4 passing/ exchanging the ball diagonally.

**Second activity: silent vs talking football**

Trainers create 10-5 obstacles within the pitch - rule - players have to avoid these obstacles if not the team loses the ball.

Trainers position 4 gates in each one of the sides of the field.

First part - trainer explains that players are not allowed to communicate with each other during the first game - 10 minutes

Second part - another game lasting 10 minutes where the players are obliged to communicate with each other (verbally, nonverbally)

**Third activity: blind snake**

4 groups of three people standing one behind each other

First two players of the snake are blindfolded and the third player who can see has to give instructions to other two players to score - the trains can choose the position of the gates.



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**ATHLETICS**

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## 2.1. Pillow talk

**Short description:** Improving individual performances by doing mental training

**Theme:** mental training, improving performances

**Duration:** from 30 minutes to one hour

**Objectives:** get relax, discover your weakness and defeat them, be aware of your potential, prepare to be more competitive

**Materials:** a smartwatch/ smartphone, pillows to sit on

### Detailed instructions for trainers / facilitators:

#### A - first warm up exercise:

1. you arrange participants in a way that they can have space to sit on the pillows
2. They will sit in a yoga position like lotus; they must close their eyes and you are checking up and correct their position in order to stay straight and to be relaxed
3. The goal is to empty their minds and concentrate at one virtual point between the eyes
4. Do this for about 2 minutes

#### B - second warming up exercise:

1. Participants will be in place. After the first exercise they open their eyes. You ask them questions like: how are you, how do you feel, have you managed to empty your mind?
2. Being sat on the pillows, participants will close their eyes again and then

Second - muscles

Weaknesses - after that you will run

Strengths - you will run

The point is that if you think about weaknesses you are in a lower mental shape than when you are thinking about your strengths.

Imagine a situation you lived that weakness as a strangt point of you. Transform your weaknesses in your strong points.

When you feel ready for the competition, you rise one hand and say: I'm ready.

**Final exercise:** run 50 meters to prove that you are in a perfect mental condition to compete.





## 2.2. Ready, Steady, Rope!

**Short description:** Five stage stadium marathon, where at each station participants perform different tasks with the rope

**Theme:** sports, problem solving

**Duration:** 20 to 30 min

**Objectives:** teambuilding, trust building, self concentration, creative thinking, learning to listen

**Materials:** rope, eye covers, cones, holders

### Detailed instructions for trainers / facilitators:

The total marathon distance is divided into five sections.

*Section 1* - swings - each team member must individually run under swinging ropes (rotating by two assistance) in order to proceed to the next stage

*Section 2* - over the bridge - team must find a way of getting everyone over tightened rope without touching it

*Section 3* - throw by throw - team forms a knot out of the rope. Then, team members take turns in throwing the knot from point to point

*Section 4* - blind marathon - team forms a blind snake while holding the rope by one of the hands. Only the first person is able to see and lead his team members along the path which might have loops and other obstacles

*Section 5* - carrying box - the task of the team is to carry one of the team members to the finish line. The one who is carried is allowed to have physical contact only with the rope (i.e. not touching the ground, not touching others members)

### Debriefing and evaluation:

1. FACTS/PROCESS - What did you do?
2. FEELINGS - What did you find challenging? What did you enjoy most? Why did we do this activity?
3. CONCLUSION & APPLICATION - What aspect of the game can you use and implement in real life?

### Additional tips for trainers / facilitators:

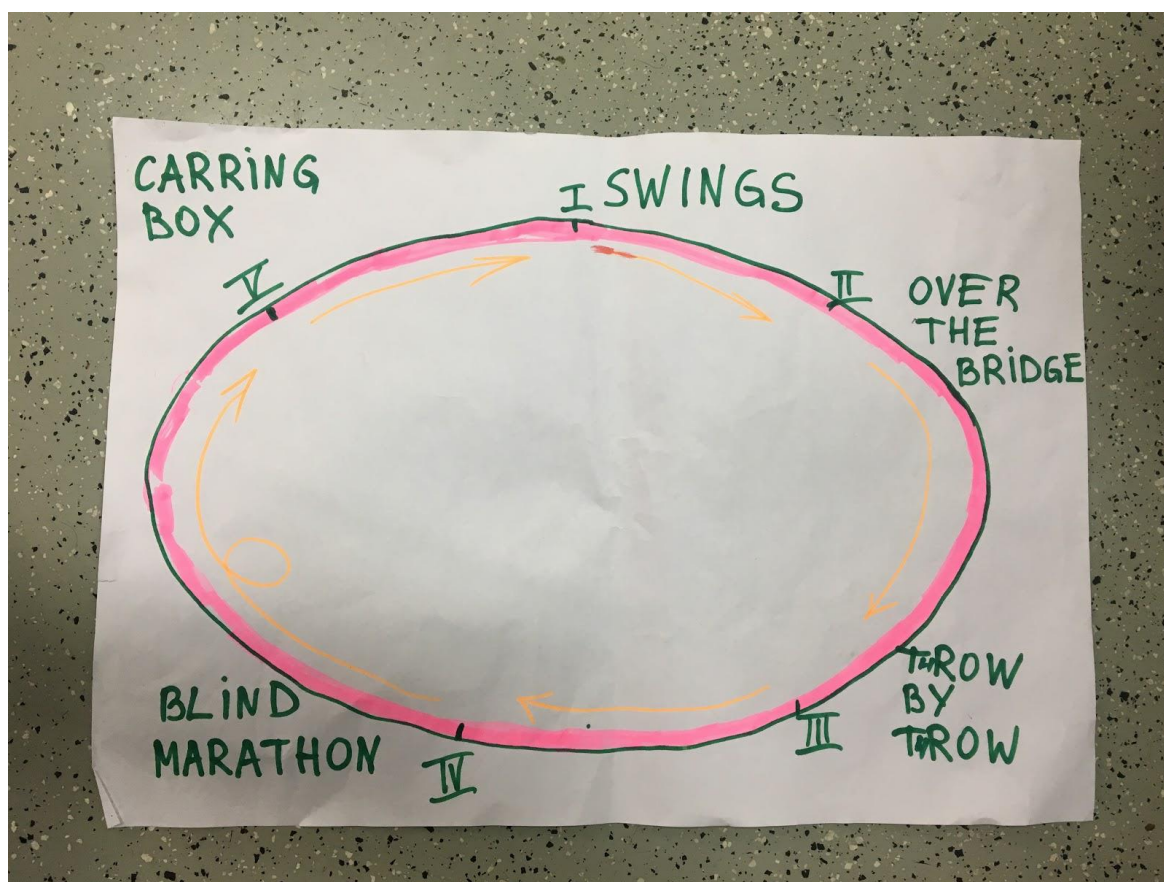


Trainers should explain every stage and make sure that every member understood the tasks. They should also demonstrate exercises if needed.

Difficulty level of each of five stages can be easily adopted to the needs of the group

#### **Ideas for action in the local community:**

It is advised to propose this activity for local schools to involve young people who are not doing sports that much and promote active lifestyle.



### **2.3. Conquer the city**

**Short description:** A game which involves different disciplines around the city.

**Theme:** Personal physical development using the environment

**Duration:** Depends on the number of disciplines - half a day / whole day

**Objectives:** To improve individual competitiveness; to improve sport skills



**Materials:** Depends on the choice of disciplines

**Detailed instructions for trainers / facilitators:**

1. Choose the disciplines based on the number of participants and the environment of the host city.
2. Divide participants in teams.

**Disciplines:** tree high jump (aim is to have a sticker in your hand and place it as high as possible on the tree); throwing the trash (aim is to throw a piece of trash in city trash cans from as far as possible); holding the breath underwater; long jump (players can't have shoes on); racing in potato sacks; vertical run (running as fast as possible on the stairs); race around the city (trainers set a number of points in the city which the runners have to pass in order to complete the race); relay race; throwing eggs (aim is to throw as many eggs as possible between two people at a certain distance in a certain time without the eggs cracking); obstacle run (participants have to jump over an obstacle a certain amount of times as fast as possible); pillow throw (aim is to throw the pillow in the air as high as possible); paper plane throw (as far as possible); "wheel barrow"; water run (participants have to run through a small amount of water as fast as possible); fast walking race.

**Debriefing and evaluation:** Gather the participants. Have each of them say one sentence or thought about the workshop. Ask participants who took part in different disciplines to explain their discipline to others. Ask them what they think the purpose of the workshop was.

**Additional tips for trainers / facilitators:** Explain the details of each discipline. Make sure everyone understands the objectives. One group can't have more than two people from the same team.

**Ideas for action in the local community:** The workshop can be used for promoting athletics in any town. It can be a part of an event or on its own. It can be open to the public after participants finish.

## 2.4. The dice throw games

**Short description:** Sport, coordination, precision, time management, decision making

**Theme:** Sport, coordination, precision, time management, decision making



**Duration:** 1,5 - 2H

**Objectives:** Players will improve body coordination, cooperation skills, decision making skills, build trust, communication, working under pressure, socializing skills.

**Materials:** 6 balls of different sizes, 2 baskets, 2 jumping ropes, 2 pulling ropes, 1 dice, flipchart

**Detailed instructions for trainers / facilitators:**

2 teams of 6 players 12-14 years

Each team selects its representative for each task, the tasks will be fulfilled according to the result of the dice throw, each side of the dice has a certain number that represents selected task.

**Tasks description:**

Throwing different balls at a basket from same or different positions according to the choice of the trainer

Holding a position for as long as possible (standing on one leg the other leg in the back or front)

Jumping through the rope for 100x the first one fulfilling the task wins

Carry another person to a given point - one player has to hold the legs of the chosen partner who moves using his hands

Holding a ball between the knees and run to the certain point - finish line, the first one wins

Pulling the rope - between the groups

At the end of activities we count all the points collected during the tasks (each task +1 point)





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**HIKING**



### 3.1. Nature as a part of living

**Short description:** Activities will be focused on learning about surviving skills.

**Theme:** Renewing connection with the nature

**Duration:** whole day, workshop will be divided into more parts - theoretical and practical one

**Objectives:** reminding the years of childhood, renewing the inner connection with the nature (nowadays world is full of hurry, stress, people focus on materialistic things, do not have enough time to relax, find an inner peace - one of the most efficient ways how to do it is just go to the nature - you can empty your mind there, have time for yourself, forget the everyday worries, find solution on problems, etc.

**Materials:** additional clothes for the case of rainy weather, food, water, ropes, twines, wood, fishhooks, other materials available in the forest

**Activities:** Making a fire, building a shelter (acquaint participants about how to find and use proper material), fishing, hunting, climbing a tree, etc.

**Debriefing and evaluation:** Make evaluation before and after the workshop in order to find out if the workshop was useful for every participant (prefer discussion over questionnaires - more interesting form).

**Additional tips for trainers / facilitators:** Prepare yourselves on every kind of weather, find proper place for the workshop (it should be safe enough, nice environment, etc.), make sure that all activities are suitable for the participants (considering their age, etc.)

**Ideas for action in the local community:** Organise other workshops for children and youth, families, etc.

Organise volunteer trip to the nature for couple of days to verify how the particular techniques work in real life.



### 3.2. On the right path (ORP)

**Short description:** Developing an app in local community where people could share and review hiking tracks in their neighborhood and organize trips with certain themes.

**Theme:** Sport, Inclusion

**Duration:** Long term activity

**Objectives:** Bring local people together. Promote exercise and exploring the neighborhood. In alternative way opening the discussion on important topics in the community.

**Materials:** Starting budget for developing the app. IT skills.

#### Detailed instructions for trainers / facilitators:

Developing the app where users could share and inform other about the possibilities of hiking trip in their neighborhood (within the range of 30 km). For actively using the app (adding track, commenting or reviewing others posts) users receive points.

Users create their account, and are able to see other people using the app in their community. People could grade the difficulty of tracks and could propose hiking trips for others to join. Users must be verified for sure for safety reasons.

Admins, “subscribers”, long term active users would be able to organize their own trips opened for more people using the points they gained by being active in the app.

#### Tips for group hiking trips:

- Trash collecting
- Discussing problems in the community
- Team Buildings
- Overnight camping in nature
- Movie night - documentaries
- Sharing ideas
- Motivating others

**Debriefing and evaluation:** It is possible to ask users for feedback. And then adjust the app according to their needs.

#### Additional tips for trainers / facilitators:

Very important is to develop good marketing strategy and promote the app in a way people would actively use it.



This would be task for the association or NGO to started the app by attracting people with interesting events and then check users are bringing the app in the right direction.

#### **Ideas for action in the local community:**

It could also work as a communication tool for socially active people in local community.

Useful tool for tourism in the local community. Tourists but also newcomers could easily connect and integrate into the community and create new relationships.

### **3.3. Am I there yet?**

**Short description:** Hiking trip on a mountain / chain of hills on which the participants think about their life.

**Theme:** Personal insight, decision making, planning, communication

**Duration:** Whole day

**Objectives:** To get information about life goals and the ways of achieving those goals; to have the sense of achievement; to experience deep emotions through individual tasks

**Materials:** Comfortable clothes

#### **Detailed instructions for trainers / facilitators:**

Participants should be at least 15 years old. Facilitators must find an appropriate area in order to make the workshop special. A mountain with at least 3 higher tops or a chain of at least 3 hills is recommended. The height of the hills / mountain tops is not specific as long as they are taller than the rest of the mountain. Participants will start from the bottom of the mountain or a place the facilitators think it's appropriate for the activity. They will climb the first hill which is called "Goal from your past". Climbing this hill represents a certain goal which the participants achieved in the past. Participants will have a couple of minutes to rest. After that they have to be gathered and asked the following questions: How ambitious were your goals when you were a child?; Think about your childhood dream. After each question, the participants have a couple of minutes to think about what they did so far, as well as think about and answer the question. Participants are given a choice: they can keep going to the next hill or go back if they feel they achieved enough. The second hill is called "Your present goal". Climbing this hill represents successful completion or planning of a certain participant's goal in the present. After climbing and resting, the facilitators ask the following questions: How did your dream and goals change?; Do you plan the future more than living right here and now?; Have you already reached your goal or are you still waiting to reach it? After





thinking about and answering each question, participants are given the same choice as the one on the first hill. The third hill is called “Your future goal”. Climbing this hill represents successful starting of participant’s future goals. After climbing and resting the facilitators ask the following questions: Is this your real goal or do you dream about something else?; What is the difference between a dream and a goal? The participants are gathered for debriefing which can be done at the start or on the third hill.

**Debriefing and evaluation:** Participants are gathered in a circle. They talk about the sense of achievement that they felt after climbing each hill. They share their goals and dreams and encourage each other. They also think about other goals they already completed.

**Additional tips for trainers / facilitators:** A fourth hill can be added if the environment is appropriate. It represents participant’s dream. If the fourth hill is active, it’s very important that participants realise the difference between goals and dreams on the third hill. Give enough time to participants to think deeply about their life. Encourage them to climb as many hills as they can.

**Ideas for action in the local community:** This workshop can be used as a psychological exercise or as a start of a psychological treatment.

### 3.4. Life puzzle

**Short description:** Hiking trip to mountains or local hills focused on teamwork.

**Theme:** Communication, adventure, critical and analytical thinking, focus, determination.

**Duration:** whole day

**Objectives:** Discovering the personal limits of participants through complex system of tasks resulting in achieving a certain goal. The focus is not only on physical performance but also on determination to achieve your goal step by step by completing partial tasks.

**Materials:**

Comfortable clothes for participants, papers/cards for the puzzles and arrows.

**Detailed instructions for trainers / facilitators:**

3 groups of 10 people between any age group from 15 years



At the beginning the participants will receive the first puzzle with hints how to proceed through the day. The trainers set 3 different coloured paths in the woods with tasks that are going to be completed by the participants in order to win another puzzle with a hint. The participants have to completely rely on themselves because there will be no maps provided and every group has to find the spots with tasks based on the puzzle hints.



## INDIVIDUAL CONTRIBUTIONS

Final results of this project are work of art of each and every participant that took part in the main activity held from 11th until 18th of August 2017 in Samobor, Croatia. They are:

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