

EACL

EUROPEAN ALL ARE CHAMPIONS LEAGUE FOR PWID

Developing fundamentals
for football inclusion



Easy-to-Read
International Football
Manual for Inclusion



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Project European All are Champions League for PwID:
Developing fundamentals for football inclusion

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Welcome to the Football Manual

This manual will help you play football.

It makes the game simple and fun.

Football is for everyone!

We want you to join and have fun playing.



WHY PLAY FOOTBALL

Playing is Fun

- Football is a fun way for you to stay active



Make Friends

- You will meet new people and make friends



Learn New Skills

- Football will help you learn team work, running and kicking.



Stay healthy

- Playing football will help you stay fit and feel good

FOOTBALL LEAGUES

There are two types of leagues for you to play in:

The Competitive League



The Happy League



THE COMPETITIVE LEAGUE

- This league is for players aged 16 and older.
- You will play in a more organized way and have fun learning new skills.
- You will practice regularly and take part in tournaments.



THE HAPPY LEAGUE

- This league is for players aged 9 and older.
- It is all about having fun, playing safely, and making friends.
- Everyone can join, no matter your skill level.
- The rules are simple, and everyone gets a chance to play.
- You can take breaks whenever you need to.



HOW TO PLAY

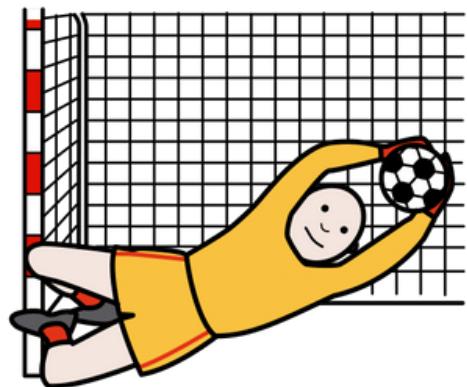
Teams

- There are two teams.
- Each team tries to score goals by kicking the ball into other team's net.



Goalkeeper

- Each team has a goalkeeper
- The goalkeeper stops the other team from scoring



Teamwork

- You can learn team work together to pass the ball and score goals
- Team work is very important in football



Scoring a Goal

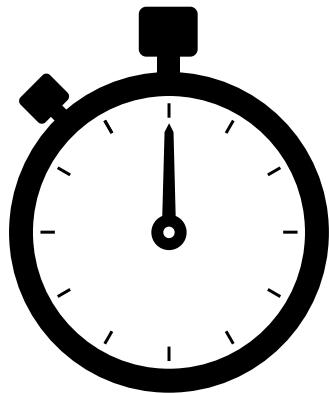
- To score, you kick the ball into the other team's net. Each goal is one point



HOW TO PLAY

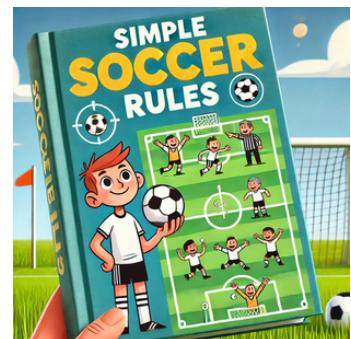
Game Length

- A game has two halves. Each half is 20 minutes in the Happy League and 30 minutes in the Competitive League. There is a break in the middle.



Simple Rules

- The rules are simple so that everyone can understand and have fun



No Pressure

- The focus is on having fun, not winning.
- It is important that you enjoy playing, no matter the score



Take Breaks

- You can take breaks whenever you need to rest.
- There are also water breaks



HOW TO GET READY

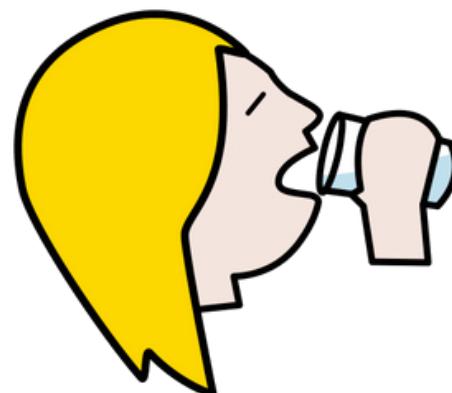
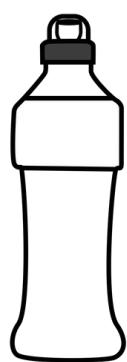
Wear comfortable Clothes

- Put on your football boots and wear a shirt with your team's colors.
- Make sure your clothes are comfortable so you can move easily.



Bring Water

- Always bring a water bottle.
- Drinking water is very important when playing sports.



HOW TO GET READY

Warm Up

- Before playing, do some warm-up exercises like stretching and jogging. This helps your body get ready and prevents injuries.



Listen to the Coach

- Your coach is there to help you. Listen carefully and ask questions if you do not understand. The coach will explain the rules and show you how to play.



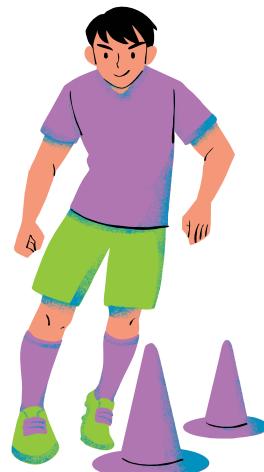
TRAINING

Dribbling Practice

- Place the ball in front of your foot



- Dribble the ball around cones to practice controlling the ball.



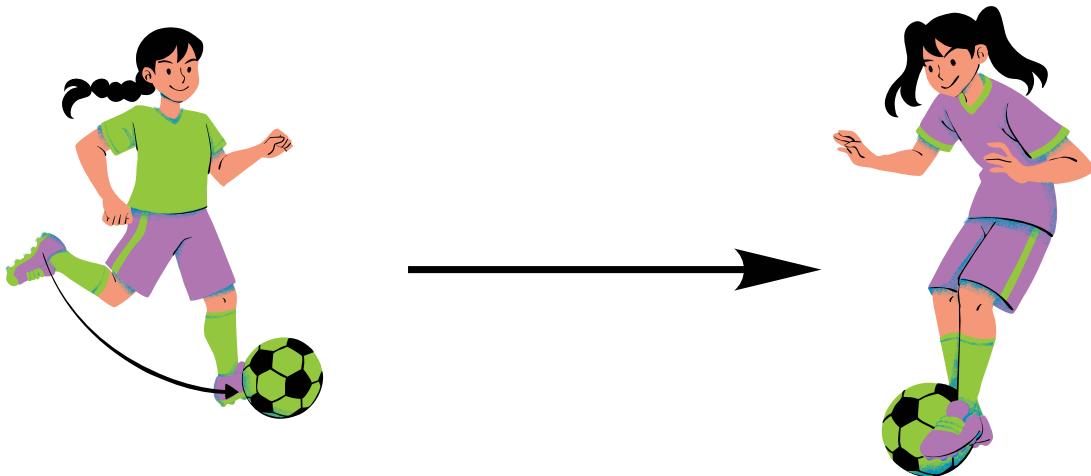
- This will help you move the ball while running.



TRAINING

Passing Practice

- Practice passing the ball to a teammate.



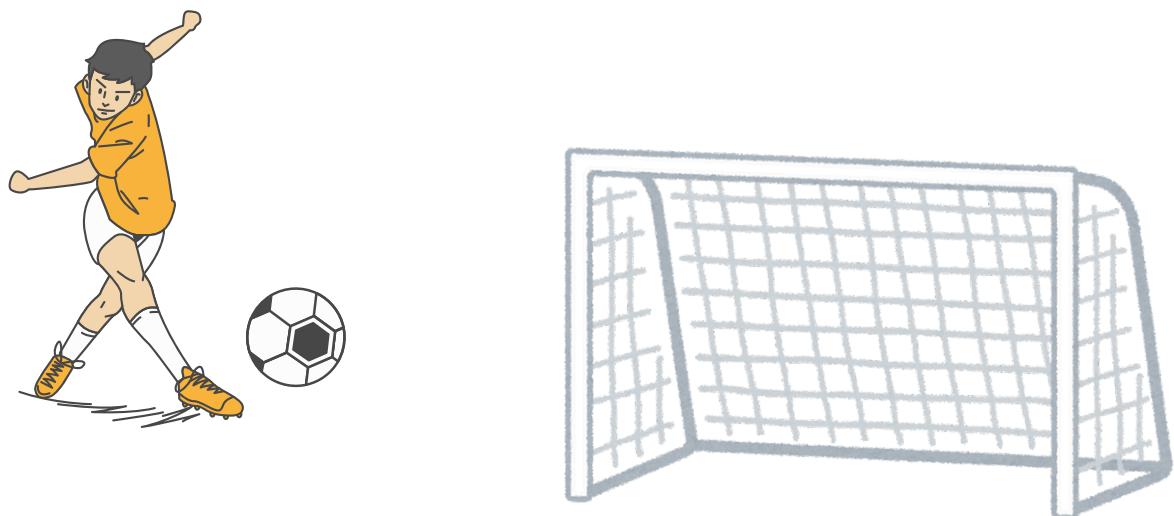
- Passing is very important for working together.



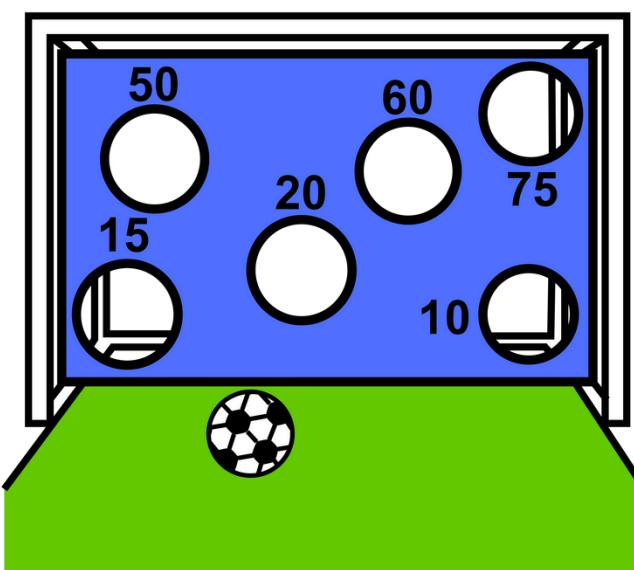
TRAINING

Shooting Practice

- Practice kicking the ball into the goal.



- Try aiming for different parts of the goal to get better.



TRAINING

Team Exercise

- Play small games with your teammates



- Work together. This will help you learn how to become a team



EQUIPMENT

T-shirt



Shorts



Socks



Football boots



Pads



Goalkeeper
gloves



Football ball



Gear bag



Water bottle



MOST IMPORTANT THING

Have Fun

- Football is about having fun
- Make friends
- Feel healthy
- It does not matter who wins or loses



Support Each Other

- Cheer for your teammates and celebrate everyone's efforts.
- Football is a team game,
- Support your teammates!





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