

# The Football Methods of **JEPPE KO**



Jeppe Ko is a young, happy Danish bull, passionate about football. Jeppe knows, however, that a youth exchange cannot be a training camp where football techniques take the centre stage. For this reason, Jeppe has suggested how his project partners could use football as a tool for learning.

**Can you think of other ways of using football to approach your topic?**



## Football helping to understand visual impairments

If you cut out the bottom off two cardboard coffee cups and tie them together, you can try how it feels to have a visual handicap that restricts your life. When all players wear these “glasses”, the game becomes a completely different experience. By reflecting on the experience, we can learn, for example, how we could support visually impaired people in sports, what kinds of difficulties they face, what kinds of football skills we benefited most of in the situation, or which tactics brought most success during the match. You can practice team work by tying the legs of two players together – now there’s a challenge for ball control!

## Football to combat prejudices

Invite the school friends and parents of the host group, young men from a local immigrant reception centre, and the youth section of a multicultural organisation to a football tournament. Pre-plan banners and posters that draw attention to prejudices and discrimination. Form mixed teams and play a mini tournament. At the end, carry out a short survey about attitudes and the atmosphere. It could measure prejudices against other groups and inform about the harm caused by discrimination. The press team can share great pictures in social media and in the end the best players can offer technique practice for those interested. While playing football, you brought together people who normally would not meet!



## Spread joy through football

If you are good at football – or even if you weren’t that great – you can always teach football to others. You can plan in small groups what you are going to teach, then practice how you are going to teach it, and then go to teach another group. Different teams for different target groups. Have a think what these could be: elderly people, taxi drivers, school pupils?