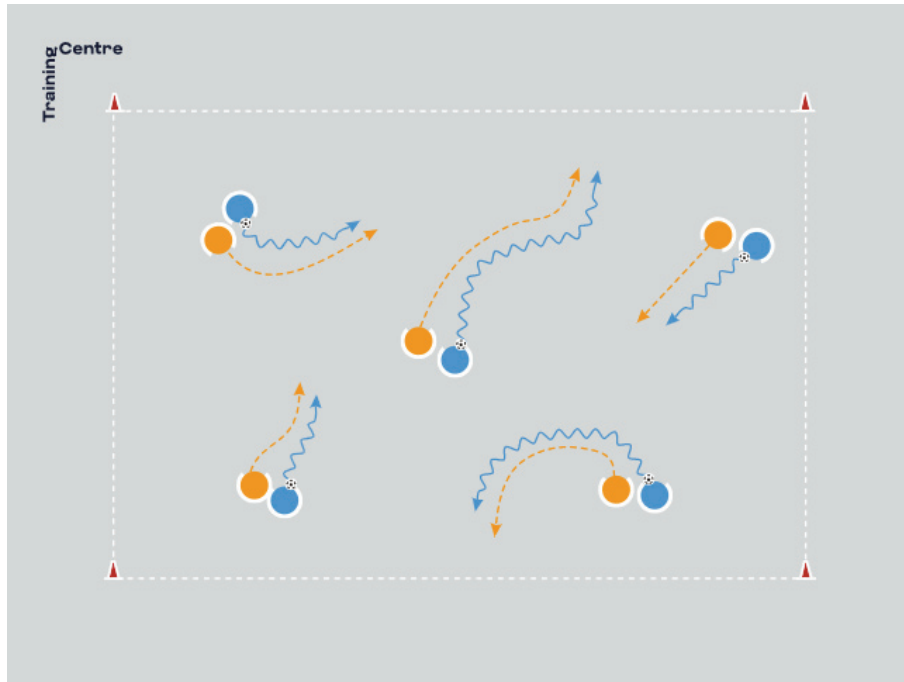


Communication is key

WARM-UP: TRUST, COMMUNICATION AND BALL FAMILIARITY



Organisation

- Players work in pairs, taking it in turns to wear a blindfold
- The player with the blindfold is led by their partner and tries to dribble the ball slowly with it under control
- Encourage the blindfolded player to keep the ball close and feel for it
- The partner makes sure they communicate any obstacles ahead or other players and guides them safely while the blind player dribbles with the ball
- The other colleague needs to take a leadership role guiding the blindfolded player and showing the way, giving continuous advice and support

Ways to make the exercise easier

- Use a large space so players have less interference

Ways to make the exercise harder

- Use a smaller space
- The blind players can move more quickly with the ball and try to reach a designated target or score a goal

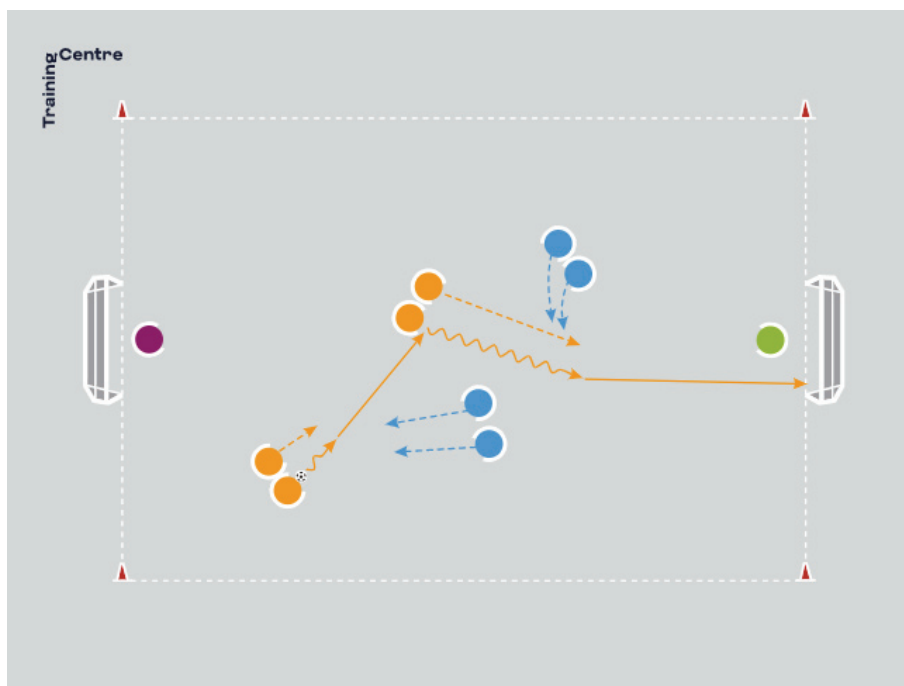
Great questions to ask the players

- How does it feel to rely totally on your partner?
- Why is it important for your partner to be a good leader in this game? What does a good leader do?
- How do you want your leader to communicate?

Safety tips

- Blind players to always be guided by a partner
- All players must be respectful of each others leadership and be cooperative

SKILL DEVELOPMENT: TEAMWORK AND COOPERATION



Organisation

- Players play a small-sided game of three pairs each plus goalkeepers
- Each blindfolded player must stay connected to their guide by holding hands
- The blindfolded players should be guided towards the ball and the goal by verbal communication from their partner
- Only the blindfolded players can touch the ball
- Sighted players should not drag their partners
- Give all players the chance to wear the blindfold and be guided

Ways to make the exercise easier

- You might start with fewer pairs on the pitch – 1v1 or 2v2 (pairs)
- Use a smaller pitch
- Play with a ball that makes a sound

Ways to make the exercise harder

- Use a larger pitch
- Guides have to be silent – only the goalkeepers can communicate

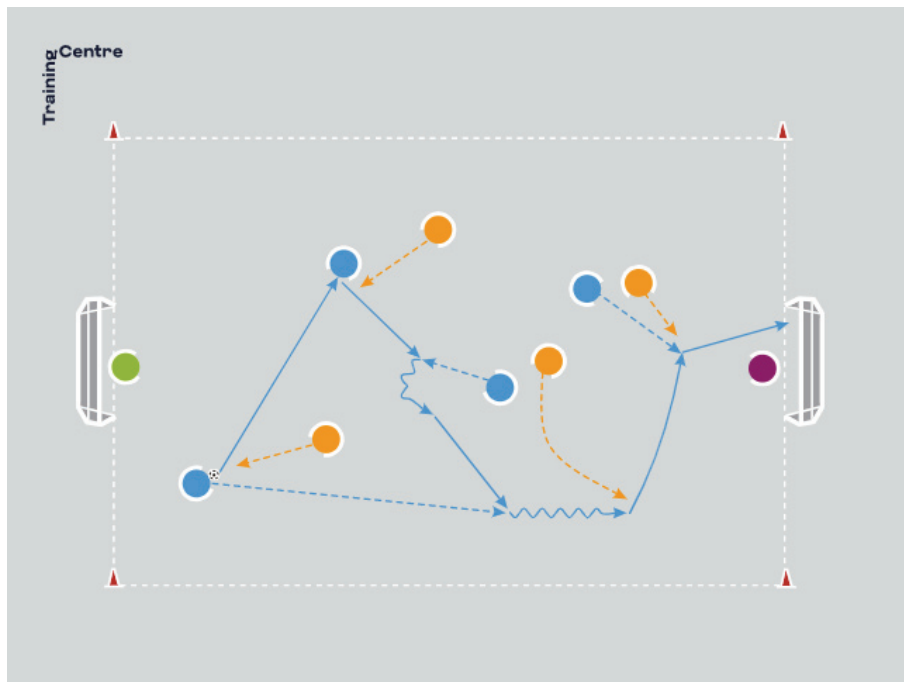
Great questions to ask the players

- How does it feel to rely on your guide?
- What kind of help do you want to receive?
- How do you follow good leadership?

Safety tips

- Make sure the guides hold hands with their partners at all times
- All players must be respectful of each others leadership and be cooperative

GAME APPLICATION: SMALL SIDED GAME - LEARNING TO LEAD AND FOLLOWING POSITIVE LEADERSHIP



Organisation

- Organise your players into even teams and create mini-pitches for games of no more than 5v5
- Just let your players play
- Learn through play and different challenges presented by different opponents
- Ask the players to appoint a captain for their team. There is no referee so the two captains need to work together to ensure the rules are followed fairly
- Emphasize to the players: sometimes you take leadership when it is appointed to you by an authority figure. But often we have to take it up ourselves. While we grow up, there are increasing situations where this authority figure is not present and we have to lead ourselves
- Rotate the captains for each team regularly so that everyone gets a chance to be a leader and ensure that the rules are followed.

Ways to make the exercise easier

- A team can have extra players if you have uneven numbers or a weaker team

Ways to make the exercise harder

- Limit the number of touches
- Impose conditions on the game – ways to score, for example

Great questions to ask the players

- Can you organise yourself as a team?
- How did it feel playing without a referee? How can you show leadership in sport and life?
- How did it feel being the captain? How did it feel following one of your teammates as captain?

Safety tips

- Create safe zones between pitches, and let the children have drinks and rest breaks if needed
- All players must be respectful of each others leadership and be cooperative