



# Activity, Sport and Play for the Inclusion of Refugees in Europe



Category

Promoting  
connectedness



Duration

30 minutes



Material

Ball, small goals



Group Size

8+



Aim

Promote better cohesion  
amongst participants



Age

8+



Source

ICSSPE - International  
Council of Sport Science and  
Physical Education  
[www.icsspe.org](http://www.icsspe.org)

## Team touch football

### 1. Information

This exercise helps to promote connectedness and cohesion of individuals, groups and communities, which is the foundation for psychosocial support programmes.

### 2. Description

The facilitator divides the group into teams of 4-5 players. In short five-minute games, each player of a team must touch the ball at least once, in order for the team to score. Mini fields and small goals are best to have quick and fun games.

### 3. Adaptations

- Depending on age, group size and abilities, the size of the playing field can be adapted.
- If you want the weaker participants to be more involved, you could say adapt the rules so that they have to touch the ball at least twice before scoring.

### 4. Evaluation / Debriefing

Talk to the group after the games and ask, how they felt during the game, what could maybe be done differently and why. If a suggestions are coming up, pick it up and let the group try it out. when other people's behaviour is unknown and new and this influences the handling of the other side.

- The ability to change your perspective in similar situations is of a great importance.



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