



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

Robot



5.4. Playing field 5

cooperation,
connectedness



Duration

10-15 minutes



Material

Playing field



Group Size

6+



Aim

Function as a group,
learning to
cooperate.



Age

10+



Source

Coaches Handboek, Bel-
gian Homeless Cup.
Minor-Ndako.

1. Information

This exercise is perfect in the beginning of the season or when new members arrive in your team/club. Players have to learn to cooperate and function as a team..

2. Description

The group has to reach together the other side of the field. Aim is to reach the other side with the "least amount of feet". Example for a team of 8 players:

Team of 8 players has 16 feet. They have to reach the other side with 12 feet (so 4 of them have to stand on 1 leg).

Second time they have to reach the other side with 10 feet. Than with 8 feet, etc.

What is the lowest amount of feet they need to reach the other side?.

3. Adaptations

If you have enough players, you can make 2 teams.

4. Evaluation / Debriefing

Reflect in group: what went well and what not; how was the co-operation, who took the lead, did everyone felt connected with the group, etc.



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