



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



Category

cooperation, connectedness,



Duration

10-15 minutes



Material

Ball, different colored jerseys, 1 indoor field (soccer, basketball, volleyball, etc.)



Group Size

8+



Aim

Function as a group, learning the name of (new) teammates.



Age

10+



Source

Minor-Ndako

Scoring with head

1. Information

This exercise is perfect for warming up, in the beginning of the season or when new members arrive in your team/club.

2. Description

You divide players in two groups.

Player have to throw the ball to his teammates and say his (right) name. Only teammates without a ball can run. When a player has the ball, he stands still. Scoring a goal is only done with head or feet. At least 3 members of the team has to touch the ball before scoring.

Ball goes to the other team when:

- The ball is dropped
- The name mentioned is not correct
- The person who catches the ball is not the person mentioned
- A player of the opposite team catches the ball..

3. Adaptations

4. Evaluation / Debriefing

If not done before: introduce new members and ask to other players to present shortly themselves.

Reflect in group: what went well and what not; how was cooperation, did everyone got enough the ball etc.

If needed: repeat names of all the players



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