

IV.10. HUMAN FUSSBALL

THEMES	Inclusion, Conflict Resolution.
Competencies	decision making, teamwork
Group Size	20+
Complexity	1
Age Range	14 to 30 year old
Time	90 minutes

OVERVIEW

This activity explores key themes of inclusion, empathy, role distance and tolerance of ambiguity to participants and within the role of the trainer. The participants will play Human Fussball and explore these topics.

OBJECTIVES

- To introduce themes: Inclusion, empathy, role distance and tolerance of ambiguity to participants.
- To reflect on themes: Inclusion, empathy, role distance and tolerance of ambiguity within the role of a trainer.

MATERIALS

- Playing field
- Footballs
- Marker cones
- Bibs to segregate teams
- 6 long ropes, goals

PREPARATION

Ensure the playing area is safe
Mark out the playing area with marker cones if a proper football field is not being used
Mark the defence, midfield and forward line for the participants with the ropes

INSTRUCTIONS

Explain the rules of the game to the participants

Play the Game: two rounds of 15 minutes. Two teams of ten players and a goalie.

Set the teams up as 1 goalie, 3 defenders, 4 midfielders, 3 strikers.

INSTRUCTIONS

Players can only move in a line, from the right to the left and from the left to the right trying to score a goal.

Role Distance: Each player will be given a card that limits or enhances what they can do during the game such as, only jumps, can only pass to the right, can only pass to the left, must use hands etc.

Tolerance of Ambiguity: Once players have received their card the game will begin. Randomly rules will change such as scoring a goal will now be 2 points, more balls will be added or the goals will swap.

Empathy: Once during the game, players will be instructed to change cards with another player on their team and to take up their role.

DEBRIEF AND EVALUATION

- Give one word to describe how you felt during the game
- What emotions did you experience and what roles did you play?
- Were there any major problems or conflicts during the game?
- What did you observe about the roles of the other players?
- When you played, What did you do? Did you adapt? Did you negotiate?
- How did others communicate with you? How did their communication techniques affect you and the game?
- What is the behaviour linked to ICL?
- Is a sport a useful tool for ICL?

ADDITIONAL INFORMATION

Roles:

- You may do anything
- You can only pass to the person on your right
- You can only pass the ball forward
- You can only pass with your left foot
- You may do anything
- You may not speak