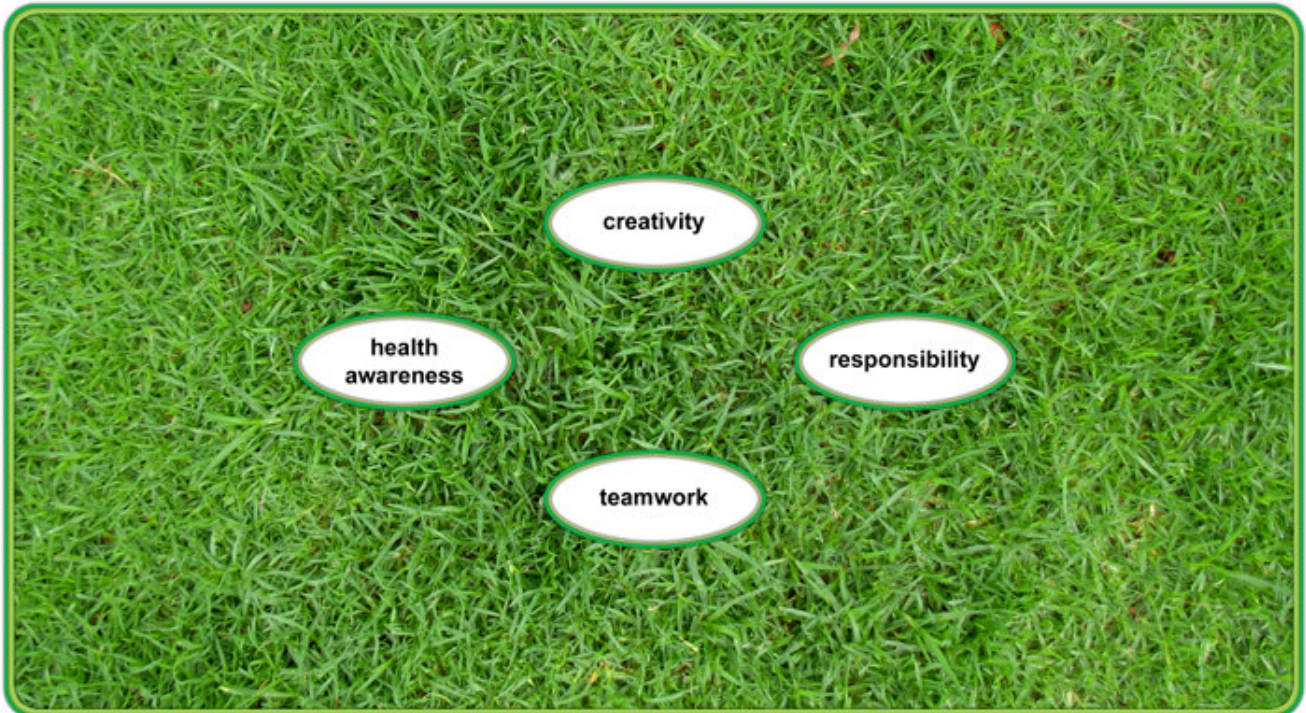


LESSON 2

Air Football Exercises

Using Football Exercises regarding the Topic

The Life Skills listed below will be focused on in this lesson.
They are incorporated in the Football Exercises on the following pages.



Types of Equipment useful for these Exercises

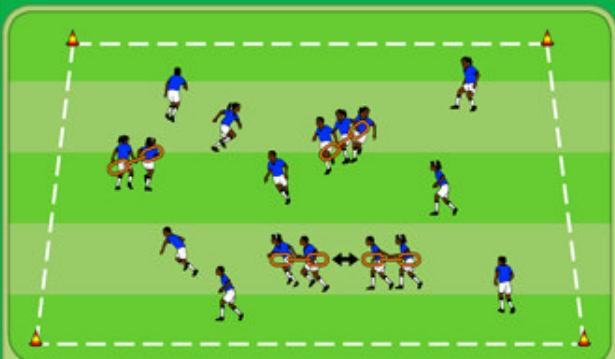


Air
Football Exercises

Introduce the training / exercises with the following:

"Clean air is obviously vital!"

EXERCISE 1 A



"Catch Games"

- ☞ All the players are in a square with one catcher.
- ☞ This catcher has to tag the other players.
- ☞ The tagged players are now also catchers.
- ☞ The tagged players hold hands, thereby forming a chain, and carry on trying to tag other players.



The catcher is an air polluter. He gets more and more players on his side so that in the end no one has the chance to get away from the polluted air.

Variations

- ☞ Tagged players are not eliminated, but have to make a bridge, and are back in the game when another player crawls through the bridge.

Include in training session: **WARM UP** MAIN PART CONCLUSION COOLING DOWN

LESSON 2

Air
Football Exercises

EXERCISE 1 B

Variation of "Catch Games"

- ☞ There are two catchers, wearing different coloured bibs.
- ☞ These two catchers try to tag as many players as possible.
- ☞ Tagged players are eliminated and can do another exercise outside the square until all the players are eliminated.
- ☞ Players may not be tagged if they are standing at a cone.

Variations

- ☞ Tagged players are not eliminated, but have to make a bridge, and are back in the game when another player crawls through the bridge.



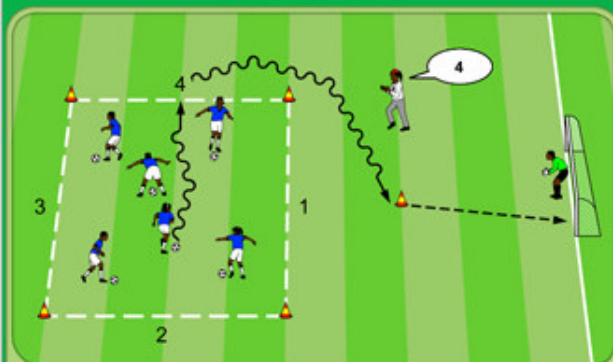
The two catchers are different sources of pollution.

One, for example, is a car driver with a broken exhaust, the other one burns refuse.

More and more people are caught in the polluted air, except for those people standing at a tree, because trees are very important...

Include in training session: **WARM UP** MAIN PART CONCLUSION COOLING DOWN

EXERCISE 2




It is important to be aware that nature may not be destroyed. Only who heeds this may shoot a goal.

"Be careful"

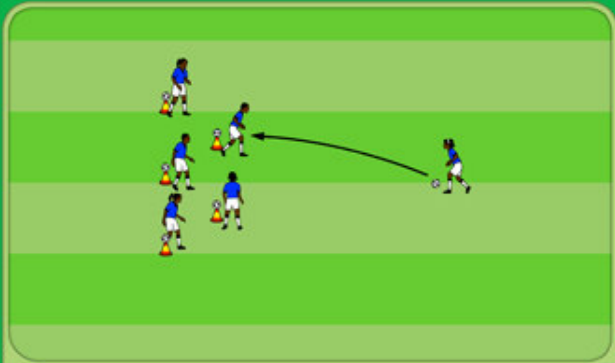
- ☞ All the players dribble in the playing field.
- ☞ The coach gives them different exercises, e.g. only with left, right ...
- ☞ The coach then calls one player and a number. The player has to dribble across that line as soon as possible.
- ☞ All the other players turn into trees (arms out wide → branches) which the player may not touch.
- ☞ If the player manages to leave the playing field without touching the other players, he/she must run to the cone from where he may shoot a goal.
- ☞ The other players carry on dribbling in the playing field.

Include in training session: **WARM UP** **MAIN PART** CONCLUSION COOLING DOWN



Air
Football Exercises

EXERCISE 3



"Cone Shooting"

- ☞ Every player (except for one → the destroyer) protects a cone with a ball on top.
- ☞ The destroyer tries to knock over the cones of the players.
- ☞ If he is successful, the other player also turns into a destroyer.



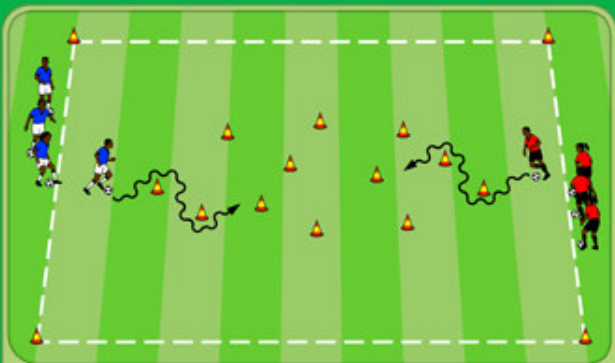
Protect the trees from the tree feller.

Variations

- ☞ Six players are tree fellers and six players are nature conservators.
- ☞ The tree fellers have to knock over as many cones as possible in the given time, e.g. one minute. Then the tasks are swapped.
- ☞ Which team managed to protect more cones?

Include in training session: WARM UP MAIN PART CONCLUSION COOLING DOWN

EXERCISE 4



"Protecting our trees"

- ☞ Two Players from each team dribble through the cones from one side to the other. Then the next two players follow...
- ☞ Players are not allowed to touch the cones nor each other.



Saving and protecting our environment is very important for everyone!

The cones symbolize the trees that need to be protected.

Include in training session: WARM UP MAIN PART CONCLUSION COOLING DOWN

LESSON 2

Air
Football Exercises

EXERCISE 5



"Handicap Game"

- ☞ There are three teams.
- ☞ Two teams play against each other on the playing field.
- ☞ The third team dribbles around the field.
- ☞ The third team decides how the players on the field have to play, i.e. if the team dribbles or stretches (trees), then the field players can play without any handicaps.
- ☞ If the team should take a ball in the hand (stretched to the front as a steering wheel), the field players may play with two ball contacts only.
- ☞ If the team passes the ball through the cone goals, the field players have to play directly.
- ☞ The tasks are swapped after five minutes.

Include in training session: WARM UP MAIN PART CONCLUSION COOLING DOWN

The third team represents the degree of air pollution. If there are a lot of cars driving next to the playing field or someone is burning refuse, the pollution of the air increases and it is more difficult for the field players to score a goal.

Air
Football Exercises

Assignment for the way home and for home:

Note where the air polluters are on your way home or at home.



We shall discuss it at the beginning of the next training.

