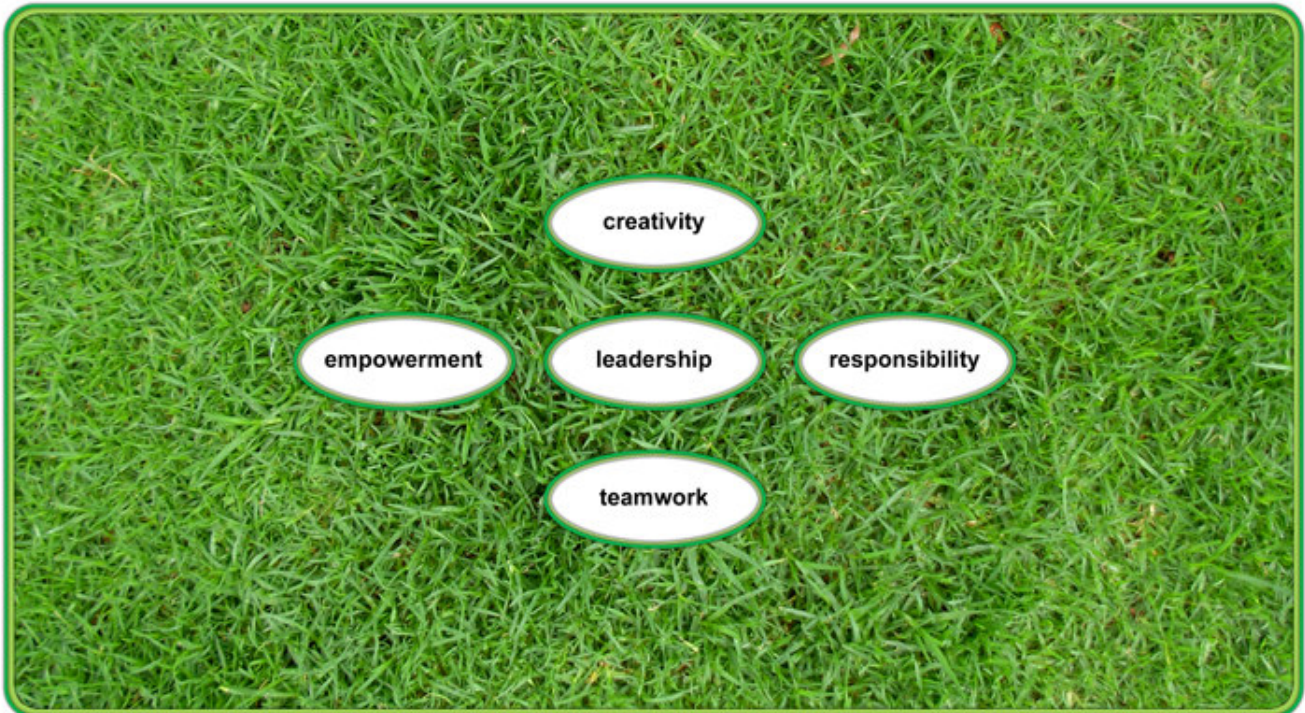


LESSON 5

Biodiversity 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.



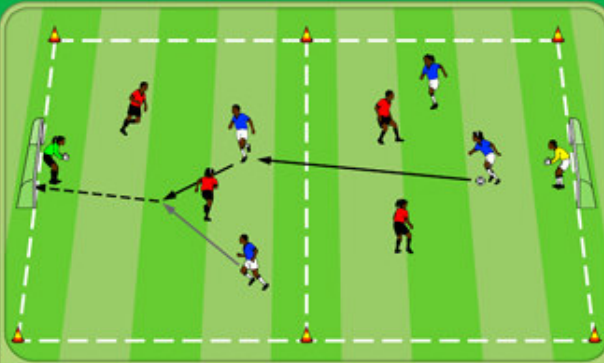
Types of Equipment useful for these Exercises



Biodiversity

Football Exercises

EXERCISE 1



"4-on-4 Game"

- ☞ The coach asks the teams to choose: who will be the goalkeeper, who will be the player who may shoot goals, and who will be the field players who may not shoot goals.



There are many different species in nature that all have their different functions and characteristics.

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

EXERCISE 2



"Diversity Game"

- ☞ The players on the outside of the field try to get to the other side of the field without being touched.
- ☞ In the first round, the field players may only stretch their arms.
- ☞ In the second round two of the six players may move in a crab's walk.
- ☞ In the third round two further players may move on all fours, and in the fourth round one player may walk normally.



Initially there is no biodiversity, there are only trees. Then there are crabs, then animals, and eventually also one man. The children learn that all these species are diverse and influence them differently.

- ☞ Suggestion: with a big team players can start from both sides.

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

LESSON 5

Biodiversity
Football Exercises

EXERCISE 3

**“Save your Energy”**

- ☞ The children move around in the field with balls.
- ☞ The coach gives them various dribbling exercises.
- ☞ After a while the coach gives a command that means the players have to go to one of the small squares, where they either have to lie down or may drink something.

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



The energy of the children is depleted after a while and has to be recharged. To protect the environment, the regenerative energies of the sun and water are utilised.

EXERCISE 4

**“Slalom Game”**

- ☞ Two teams compete against each other.
- ☞ Team 1 may shoot at the goal. In the beginning they may shoot from the first cones.
- ☞ Once all the players from Team 2 have run through the slalom course, Team 1 may only shoot from the second cones.
- ☞ When all the players of Team 2 have run through the slalom course twice, Team 1 may only shoot from the third cones.



As the Earth warms up, it has a negative effect on mankind.

- ☞ After the third time the round is over. Now the teams exchange tasks.
- ☞ Which team has shot more goals?

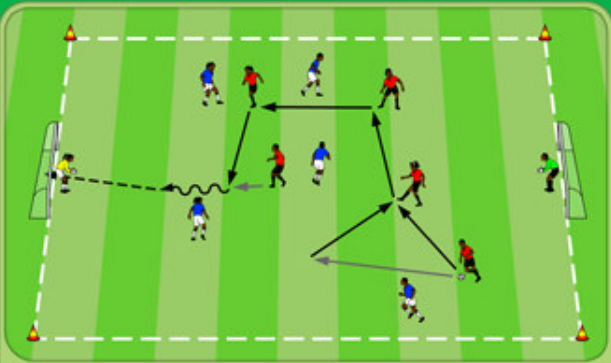
Include in training session: **WARM UP** **MAIN PART** CONCLUSION COOLING DOWN



Biodiversity

Football Exercises

EXERCISE 5



“Stronger together”

- ❖ The coach divides the players into two teams.
- ❖ The players must pass the ball five times in order to be allowed to shoot at the goal.
- ❖ Once a goal is scored, the other team loses one team member.



The environment consists of a variety of ecosystems and organisms, all these elements must play together in order to function well.

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