

Soil

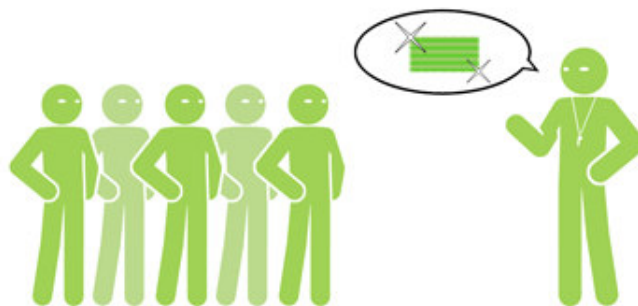
- ♻️ Reuse and Recycle: Contribute less waste to help prevent soil pollution. (See lesson 6 for a list of common items that can be recycled.)



- ♻️ Solid Waste should be disposed of properly to avoid soil pollution. At tournaments organise a post event clean up and separate waste into recyclables and non-recyclables.

When working with our football teams / squads:

- ♻️ Make them aware that they are responsible for this particular piece of earth (the pitch).
- ♻️ Ask players and supporters to keep the area clean.



- ♻️ Provide proper latrines for players and supporters.

As YDF coaches we can raise awareness of soil degradation and pollution among the families, peers, youth and communities. We can become environmental champions advocating for soil conservation.

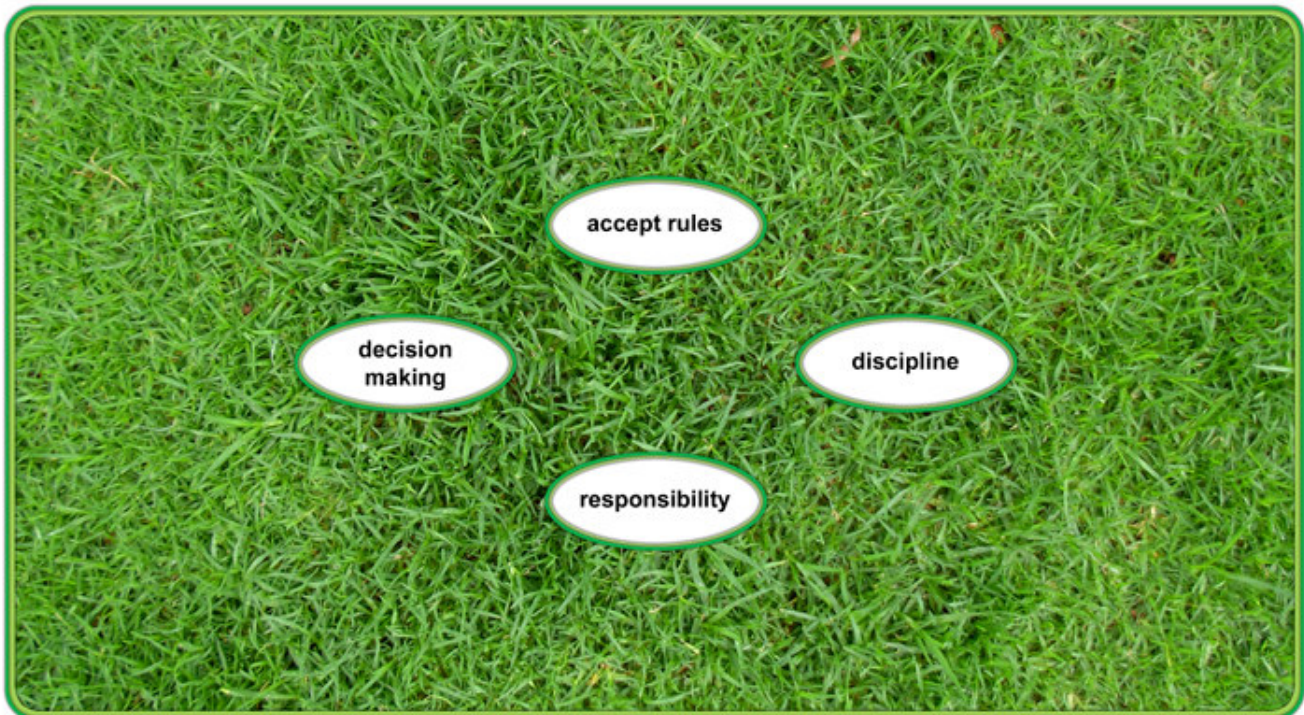
- ♻️ Encourage your school system and local government to help develop and promote a soil conservation ethic among children and adults.
- ♻️ Raise awareness about how to prevent unnecessary pollution of the land.

LESSON 4

Soil
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



Soil

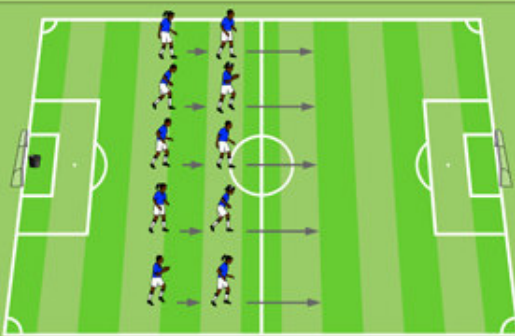
Football Exercises



Introduce the training / exercises with the following:

"Soil is everywhere - it looks so strong, constant and indestructible, and yet..."

EXERCISE 1



"Cleaning the Playing Field"

- ☞ All the players run over the playing field to collect refuse.
- ☞ While they are doing that, the coach can instruct them to do various running exercises or exercises with a ball.



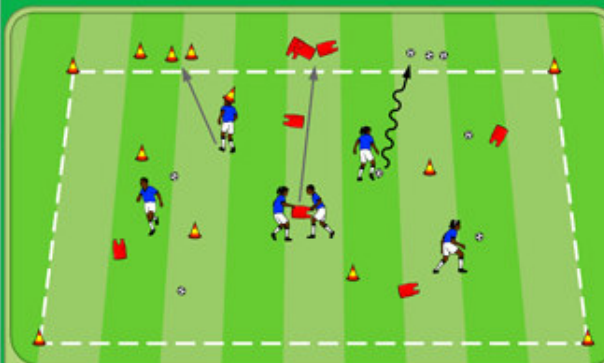
We can make a difference in keeping our world clean. Therefore everyone's help is important.

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

LESSON 4

Soil
Football Exercises

EXERCISE 2

**“Separate your Waste”**

- Various items are spread in a square (bibs, balls, cones).
- The task is to collect these items as quickly as possible and bring them to the side-line, sorted!
- The bibs have to be carried by two players, the balls have to be dribbled and the cones have to be balanced on the head.
- Two teams have to fulfil this task one after the other. Try with and without ball. Which team is quicker?

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



There is a lot of refuse lying around. If one is a big group, this refuse can be cleared quickly.

It is also important that one does not simply burn the refuse. It has to be sorted and then disposed of lawfully and environmentally friendly.

EXERCISE 3

**“Recycling”**

- One player out of the two teams dribbles from the middle through the cones and shoots at the goal.
- The player returns to his/her team.
- The next player starts dribbling towards the goal.
- Afterwards, the first player of each team starts dribbling the balls back into the middle and runs back to the team. The other team players continue.

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



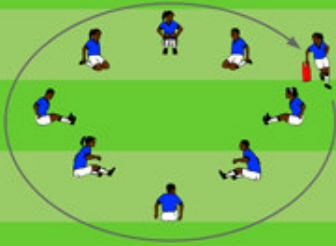
One team represents glass the other represents paper.

Every team has to collect the paper or glass from the middle and then sell the waste.



Soil
Football Exercises

EXERCISE 4



"The Plump Sack goes around"

- ☞ All the players sit in a circle, looking towards the centre.
- ☞ One player is chosen to walk behind the other players, holding a bib in his/her hand. He/she then drops (plumps) the bib (sack) behind a player. Now that player has to get up and try to catch the first player.
- ☞ The first player has to run around the circle and quickly sit down in the available space. If he/she



There are always people who just drop their refuse. It is important for the community that these people are caught and made aware of the fact that one should not do that.

- ☞ manages this, the other player has to take the bib and start a new round.
- ☞ The coach can instruct them to do various exercises, e.g. the players could hop, skip, crawl...

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

EXERCISE 5



"Circle Game"

- ☞ The players try to put all the balls into the circle as quickly as possible.
- ☞ Two players try to stop them.
- ☞ The players should wear different colour bibs in order to distinguish between the two groups.



The balls symbolise refuse that the children are trying to dispose of lawfully and environmentally friendly. Unfortunately, there are people who want to stop them.

These people need to be defeated.

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

LESSON 4

Soil
Football Exercises

EXERCISE 6 A

**“Goal Shooting Exercise”**

- ☞ The players play in pairs.
- ☞ One player dribbles towards the goal with the ball, but leaves it at the cone. He/she runs on to the goal without the ball.
- ☞ The other player comes up shortly after him/her and shoots the ball at the goal.

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

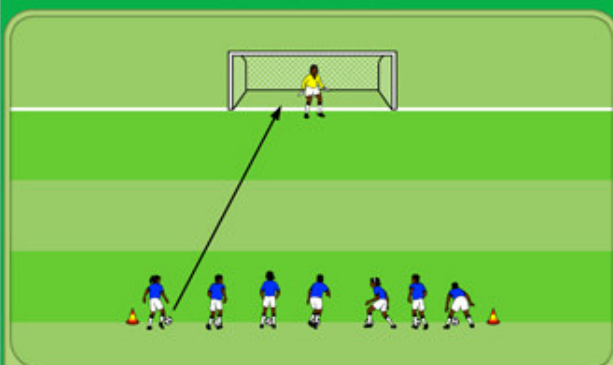


The first player is an environmental polluter.

The second player cleans up the refuse after him.

He then flings the refuse at him so that the first player realises that next time he should take his refuse along and dispose of it properly.

EXERCISE 6 B

**“Goal Shooting Exercise”**

- ☞ The players shoot at the goal, one after the other.
- ☞ If a player does not manage to score a goal, the whole team has to run around the goal once.

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



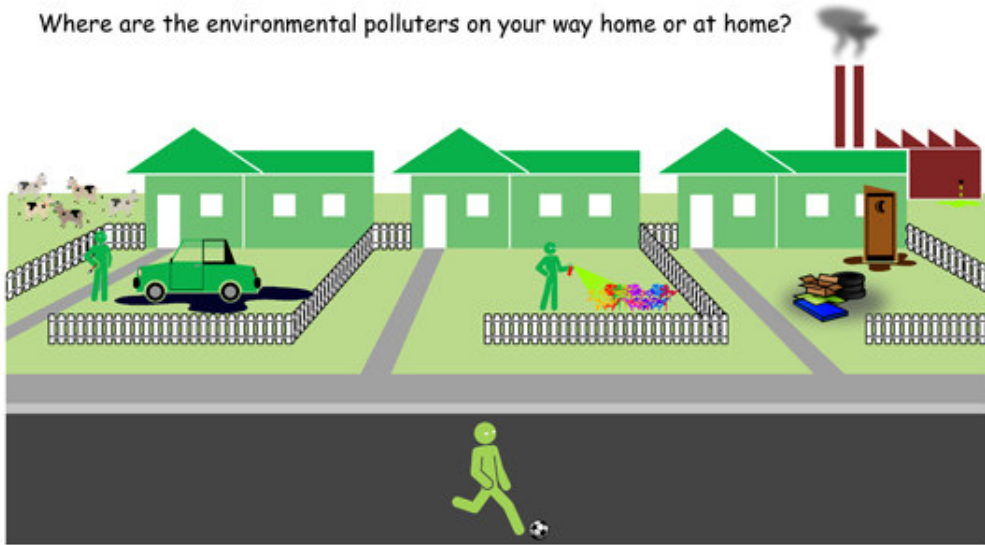
The children have to dispose of the refuse, but if it does not land in the “bin”, they will be punished.



Soil
Football Exercises

Assignment for the way home and for home:

Where are the environmental polluters on your way home or at home?



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

