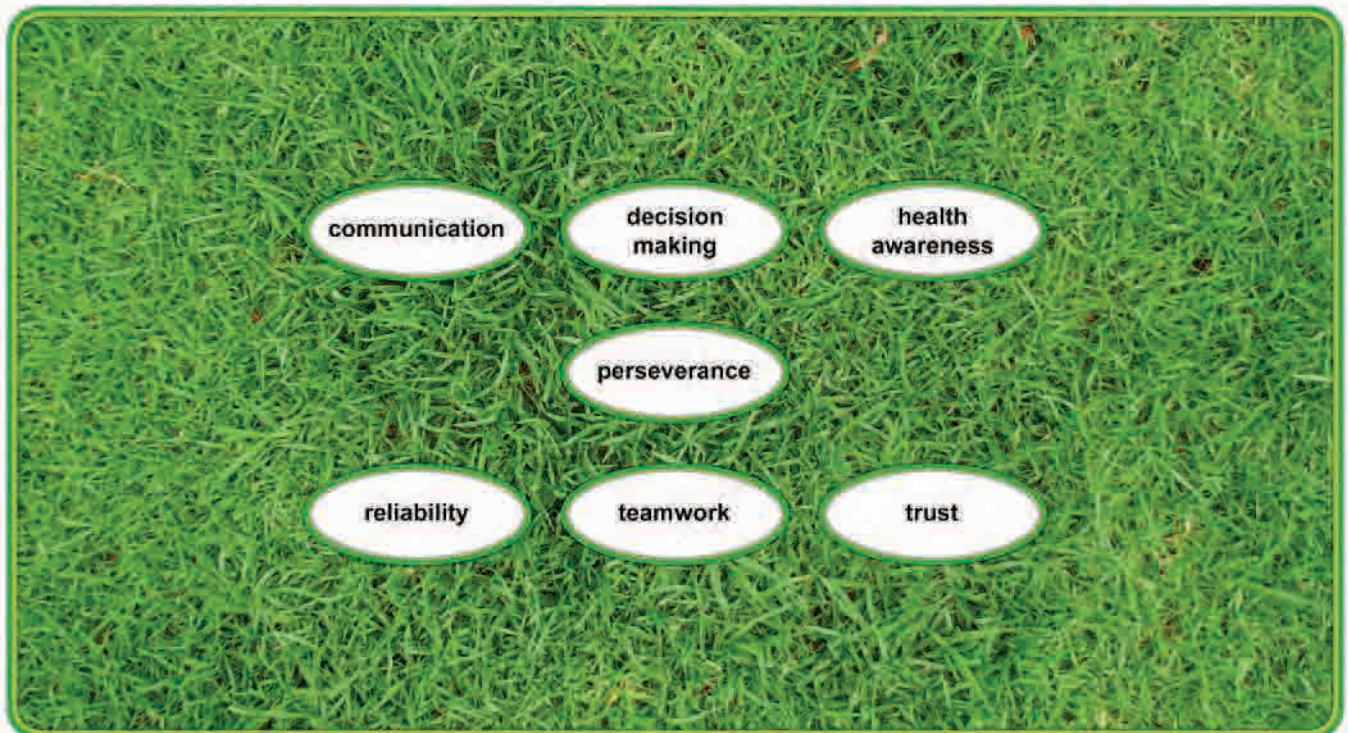


LESSON 6

Working with People living with TB

Using Football Exercises regarding the Topic

The Life Skill listed below will be focused on in this lesson.
It is incorporated in the Football Exercises on the following page.

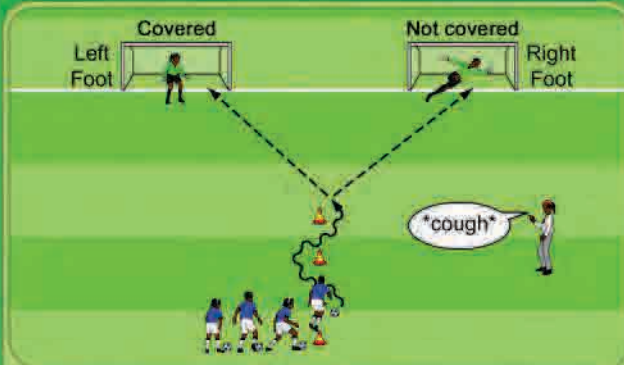


Types of Equipment useful for these Exercises



Working with People living with TB

EXERCISE 7



This exercise teaches the player, even when focused on a task, to be aware of his/her surroundings. A skill important in both football and everyday life.

Shooting competition

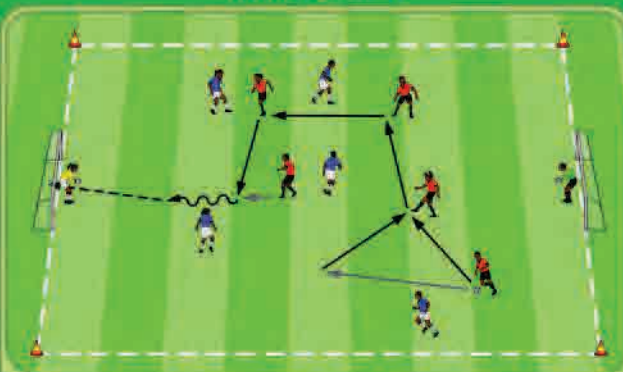
- ☛ The player starts to dribble into the slalom-course, when the coach gives a short cough. Either covering, or not covering, his/her mouth.
- ☛ Depending on the coach covering his/her mouth or not covering his/her mouth, the player has to shoot on the left or right goal (refer to diagram) using the optimal foot. (left goal - left foot, right goal - right foot).

Progression

- ☛ Start with a shorter distance to the goal for beginners and increase it as they get used to it.
- ☛ Create a single competition: a right decision one point + goal another point → how many times in the end of the game?

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

EXERCISE 8



A team works best together. To be an effective team, it is vital to look past 'short comings' and focus on the strengths of the members!

**"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.

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