

Sport for Development - Female Coaching Course
Didactic Orientation

Objectives of the course:

To enable female teachers to run football for development activities which:

- Encourage social cohesion by facilitating interaction between refugees and host communities' children; boost resilience by using methodological peace building tools/contents;
- Promote psychosocial well-being;
- Help individuals process traumatic experiences;
- Make formal education more attractive to Jordanian and Syrian children.

Duration of the Training:

4 Weekends –
24.03. until 16.04.16
Thursdays: 13:00 to 16:00
Saturdays: 9:00 to 16:00

Week 1: Thursday 24.03.2016

Time	Activity/Topics	Guidelines
13:00	- Official opening (T) - Introduction of Course Leaders and Participants	- Short introduction by the instructor. - "The ball in my hands makes me talking": Getting to know each other through icebreaker activity. The person who receives the ball has to introduce herself, then pass the ball to another person
	Expectations	Group Work: use of flipchart, mind map, write on "speech-bubbles"
	Introduction of the Program and Objectives of the Course	Flipchart (Program copies)
	Rules for the Course	Objects play: rules of the course – notes at the registration form
	Selection of a course speaker (English speaker?)	Flipchart, voting paper
	Knowledge on Sport Skills (Football)	Sitting in a small group of four, talk and exchange experiences about football...
	With which age group are they working?	Sitting in a small group
	Where do they see chances, challenges and problems in their future sport activities?	Sitting in a small group
	Introducing the Female Syrian Volunteers to the Course	Icebreaker "I'm introducing my neighbour": One Jordanian and one Syrian female sit and talk together. They ask five key questions on moderating cards, for five minutes. After, the Jordanian person introduces the Syrian person to the whole group.
	Evaluation: Distribution of PRE-questionnaires	Distribute and fill out of the questionnaires

14:45 - 16:00	Introduction Games/ Icebreakers (P)	<p>Practice:</p> <ul style="list-style-type: none"> - spots in movement, catching bibs, fire/water/ice, catching coloured bibs and other running and catching games <p>Homework "Tee to go": Question to discuss tomorrow: What do we need (skills/knowledge) to run "sport for development" activities?</p>
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Week 1: Saturday 26.03.2016

Time	Activity/Topic	Guidelines
9:00 - 9:30	Introducing the UN Convention on the "Rights of the Child"/ Importance of children to play, the right of children to play. Why is important to play with our children? How is this possible to achieve through sport? <ul style="list-style-type: none"> - Coaching skills and behaviour (T) - S.M.I.L.E.S. - The coach as role model 	<ul style="list-style-type: none"> - Small video - Possible activities: http://ojen.ca/resource/2834
9:30- 10:15	<ul style="list-style-type: none"> - The Coaching Process - S.T.E.P.S - Coaching Styles 	<p>Moderated Conversation:</p> <ul style="list-style-type: none"> - Use given examples - How to plan/organize a training session? - Based on Work sheet "What kind of coach are you?"
10:15- 10:30	Break	
10:30- 11:15	Structure of Training with "Small Sided Games"	<p>Moderated Conversation</p> <ul style="list-style-type: none"> - Is it possible to carry out small sided games on a School yard? - What are the advantages of Small Sided Games?
11:15- 12:00	Small Sided Tournaments in Football	Small Sided Tournaments in Football
12:00- 2:30	Lunch Break	
12:30- 13:30	Introducing Group Work of Small Sided Tournaments	
14:00- 15:00	Demonstration Training Unit "Games running and catching" (variations)	Practice on the pitch: DFB content "kleine Spiele"
15:15- 16:00	Conclusion and Summary of the day	<p>Homework:</p> <ul style="list-style-type: none"> - Ask for Syrian Assistants at the school - One activity with children in the school

Week 2: Thursday 31.03.2016

Time	Activity/Topic	Guidelines
13:00 - 13:15	<ul style="list-style-type: none"> - Official Opening - Short Icebreaker - Review of Homework 	<p>Question:</p> <ul style="list-style-type: none"> - What activity did you choose? How did you carry out? How was the response of the children? - Overview and questions about last week / Organization next part of the course
13:15 - 14:15	Introducing Grassroots Program	
14: 30 -16:00	Practical session: Grassroots Program	
16:00 - 16:15	Conclusion of the day	

Week 2: Saturday 02.04.2016

Time	Activity/Topic	Guidelines
9:00 - 10:30	<p>Training Different Ages</p> <p><i>Focus: Age group children of the Participants (T).</i></p>	Introducing the DFB chart of football development in different ages
10:30 - 10:45	Break	
10:45 - 12:00	<p>The five key topics in training: warm up, passing, dribbling, defending, attacking (T)</p> <p>➔ Which topics are necessary for which group?</p>	<ul style="list-style-type: none"> - Introducing by coach; - Question: What are the five most important topics in children and youth football training?
12:00 - 12:30	Lunch Break	
12:30 - 13:15	<p>Organization of "Station Training"</p> <ul style="list-style-type: none"> - With/without ball; - 4-5 stations - Structure, process, function of the coach, material 	<p>Moderated Conversation</p> <p>What are the advantages of circle training in football?</p>
13:45 - 15:15	<p>Training „Right or Wrong!“</p> <p>Organization and implementation of training contents including size of the group, age etc. <i>Examples (P)</i></p>	Practice on the pitch
15:30 - 16:00	Conclusion of the week	<p>Homework:</p> <p>Writing a letter to myself: What did I learn in course this week? Only five written records.</p> <p>Homework:</p> <p>Try to carry out small sided games or small tournaments in your next PE lesson</p>

Week 3: Thursday 07.04.2016

Time	Activity/Topic	Guidelines
13:00-13:15	<ul style="list-style-type: none"> - Official Opening - Short Icebreaker - Review of Homework 	Questions about last week: <ul style="list-style-type: none"> - How did the Physical Education lesson last week work? - Did Small Sided Games help you to organize the group? - How was the children's' approach to the lesson? - Organization next part of the course
13:15-14:15	<ul style="list-style-type: none"> - "Heidelberg Ball School", physical and psychological child and youth Development; - Concept and Experiences from Dr. XXX, Jordan University of Physical Education, Amman 	Moderated Conversation: <ul style="list-style-type: none"> - PPP - Question: What do we learn through ball oriented games?
14:30-16:00	Demonstration Unit "Heidelberg Ball School" by Dr. XXX	Practice on the Pitch
16:00-16:15	Conclusion of the day	Pitch

Week 3: Saturday 09.04.2016

Time	Activity/Topic	Guidelines
9:00-10:15	"Football for development and peace" activities (T): <ul style="list-style-type: none"> - for development of social skills/Life Skills - as peace building tool - for intercultural exchange, multicultural encounter, integration and coexistence 	Moderated Conversation: <ul style="list-style-type: none"> - Which life skills can be supported in football exercises/training with youths/teenagers? - What do you think will be topic of your training?" - YDF-Manual for Violence prevention, Football for Peace Manual
10:15-10:30	Break	
10:30 - 12:00	Guidelines for technical training lessons (T)	Moderated Conversation: <ul style="list-style-type: none"> - Many repetition - Precision before speed - Only in relaxed condition - One focus per unit.....
12:00-12:30	Lunch Break	
12:30-13:30	Work out technical training (T)	Group Work Out
14:00-15:30	"Football for development and peace" (P)	YDF-Manual for Violence prevention, Football for Peace Manual

15:30 - 16:00	Conclusion of the week	<ul style="list-style-type: none"> - Write or draw a sign or symbol on a sheet of paper which shows your personal most important content of the last weekend course. - Homework: Visit a football match in your area; observe the players and the trainers and especially the behaviour and communication styles. Fill out a worksheet.
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Week 4: Thursday 14.04.2016

Time	Activity/Topic	Guidelines
13:00 - 13:30	<ul style="list-style-type: none"> - Official Opening - Short ice breaker - Review of Homework 	<ul style="list-style-type: none"> - Organization about next part of the course. <p>Questions about last week:</p> <ul style="list-style-type: none"> - What did you find out by observing the players and trainers in a football match? - How did they communicate? - How was the relationship between the players and the trainer and the relationship amongst the players? - Did they cooperate, and how did they do?
13:30 - 14:15	How to build up a complete training session (T)	Repetition of the contents, concerning the structure of a training unit difference between exercise and game form
14:15 - 16:00	<ul style="list-style-type: none"> - Working out a complete training session (T) - Including "development" aspects (social skills, teambuilding, violence prevention, etc.) - Circle training, small sided games - techniques, goal keepers training 	<ul style="list-style-type: none"> - Group work: Focus on one technical football aspect and - one psychosocial aspect. - Introducing the Syrian female Volunteers to the course

Week 4: Saturday 16.04.2016

Time	Activity/Topic	Guideline
9:00 - 9:15	Introduction	
9:30 - 12:00	Presenting the group work results with two youth teams (12 - 18 players) Part I (P)	Presentation on the pitch; two teams at the same time; half a pitch each team.
12:00 - 12:30	Lunch Break	On the pitch

12:30 - 13:30	Presenting the group work results with two youth teams (12 - 18 players) Part I (P)	Presentation on the pitch; two teams at the same time; half a pitch each team.
13:45 - 16:00	Evaluation: Distribution of POST-questionnaires Closing Ceremony <ul style="list-style-type: none"> - Hand out of certificates - Official conclusion, feedback round 	<ul style="list-style-type: none"> - Short Speeches: the officials from MoE, AFDP, JFA and GIZ - Speech of the course speaker - Speech of the instructor - Group photos