

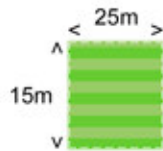
Practical HIV Education through Football Sessions

Football Session 3 - HIV Transmission and Prevention - Checklist

WARM UP



20 MINUTES



1 Ball for every player



4 Cones



1 copy
"True or False?"
WS 3-1
and answers
WS 8

MAIN PART



50 MINUTES



1 Ball for every player



8 Cones



Bibs for half the players



2 Goals



20 obstacle-course planks / bars

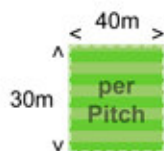


6 Cones in 3 different colours

CONCLUSION



20 MINUTES



2-3 Balls for every pitch



6 Cones for every pitch



Bibs for half the players



2 Goals for every pitch

LESSON 7

Practical HIV Education through Football Sessions

Football Session 3 - HIV Transmission and Prevention

WARM UP

20 MINUTES

PHASE 1



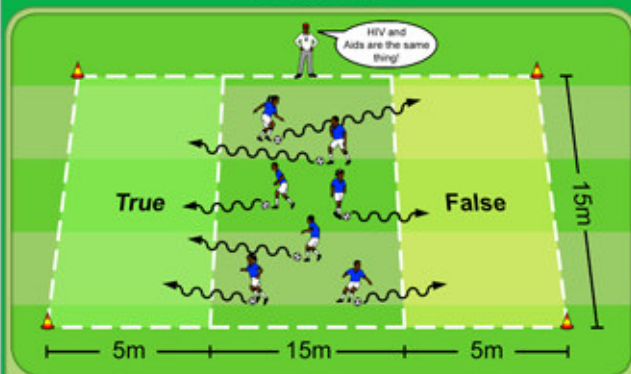
"Game of Catch" (without ball)

- ☛ In a marked off area two catchers try to tag the other team-mates.
- ☛ One player wears a yellow bib, the other a red bib.
- ☛ If the player with the yellow bib strikes another player that player must stand still for a short time and may then carry on playing.
- ☛ If the player with the red bib strikes another player that player must get a red bib from the coach and is now also a catcher.

Variations

- ☛ Cones or tyres can be scattered across the pitch as "safe" spots.

PHASE 2



"True or False?" Dribbling

- ☛ Players dribble around in the mixed zone, each with their own ball. The coach, from outside the playing area, gives advice on how they should dribble.
- ☛ The coach then shouts out a statement about HIV/AIDS from his statement list. As quickly as possible, the players have to dribble with their ball to the "correct-answer-field". After every player has reached a field, the coach gives the right answer and a short explanation. The players, who got the answer wrong,

- have to do an additional exercise as a penalty (push-ups, knee-bends, etc.).
- ☛ The last player to have reached a field, even if it was the correct field, also has to do the additional exercise.

Variations

- ☛ At the beginning of the game, every player has 3 points. For every wrong answer, or being last on the answer-field, he loses a point. Players with 0 points will be dropped from the game. All players who still have all 3 points at the end of the game are the winners.



Practical HIV Education through Football Sessions

Football Session 3 - HIV Transmission and Prevention

MAIN PART

50 MINUTES

PHASE 1



"Game of Catch" (with ball)

- ☞ In a marked off area catchers try to tag the other team-mates.
- ☞ One player wears a yellow bib, the other a red bib.
- ☞ If the player with the yellow bib strikes another player that player must stand still for a short time and may then carry on playing.
- ☞ If the player with the red bib strikes another player that player must get a red bib from the coach and is now also a catcher.

Variations

- ☞ Only yellow catchers
- ☞ Protection: to protect themselves from the catchers the players must stand next to a cone, where they may not be caught. These cones can be placed in two corners.
- ☞ Small square: it is also possible to mark off a further square within the original square and then place players in that square, who may only move around in that area.



The yellow catcher only has HIV, if the player is infected it initially has no effect on the player. But the red catcher has AIDS - whoever comes into contact with this catcher also becomes AIDS infected.

Through certain measures the players can protect themselves against AIDS (and even HIV), that is why the players who stand next a cone cannot be infected.

The risk of infection in the smaller square is much higher, as these players take drugs and are therefore restricted in their movements.

Practical HIV Education through Football Sessions

Football Session 3 - HIV Transmission and Prevention



Shout out the Risks of HIV/AIDS

Fight against the risks of HIV/AIDS

- Depending on the number of players, you need 1 or 2 goals (see above).
- Mark a shooting zone (10m-20m distance from the goal, depending on the players age and ability).
- Only the goalkeeper is able to get points!
- The player dribbles into the shooting zone and tries to shoot a goal. If he / she succeeds, he / she will go into the goal as the new goalkeeper. If he / she misses, the

goalkeeper gets 1 point and the player has to line up behind the other players.

- When a player reaches the shooting zone, he / she has to shout out a risk of contracting HIV/AIDS (e.g. unprotected sex). The goalkeeper has to prevent this risk from getting into the goal and tries to catch the ball.
- Vary the statements - do not repeat!
- Whenever a player does not score a goal, the goalkeeper gets a point. If the ball gets into the goal, the goalkeeper has to leave the goal and line up behind the other players. Which player gets the most points?

Variations

You can also turn this game around.

- The scorer has to shout out how to protect himself against HIV/AIDS (e.g. safe sex).
- For every goal a player scores, he / she will get a point.



Competition

- 2 pitches with obstacles are set up - players without balls
- Exercises: e.g. running-ABC over poles will be performed by the players on these pitches.
- The coach calls out a statement concerning risks of HIV infections and the number of a player.
- Various distances are marked through cones. The players have to shoot from the line they believe to be correct.
 - ▲ 1st Cones (Green) = No Risk
 - ▲ 2nd Cones (Yellow) = Low Risk
 - ▲ 3rd Cones (Red) = High Risk
- Score 2 points for the correct distance (line!) and goal; 1 point for the correct distance.



By having many actions to complete in this exercise, the players have to be alert. They have to listen to what the coach says.

Practical HIV Education through Football Sessions

Football Session 3 - HIV Transmission and Prevention

CONCLUSION

20 MINUTES

GAME

Standard Football Game

• 2 teams - each with a goal + goalkeeper.

COOLING DOWN

FLEXIBILITY OF THE CERVICAL SPINE

Circling the head



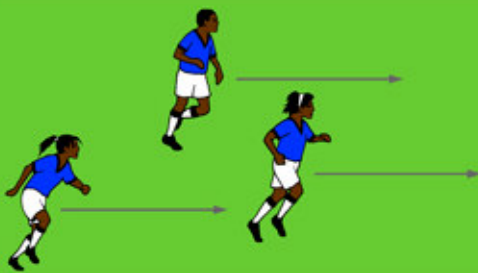
Overstraining of the joints, ligaments and interspinal discs, as the cervical spine is not suited for such turning movements.



Bending the head to the sides, tilting it to the front and slightly to the back and turning it to the left and to the right are the natural movements of the head and therefore the cervical spine.

Afterwards

EASY JOGGING - 10 MIN



or

JUGGLING - 10 MIN



or

STRETCHING - 10 MIN

