LESSON 7

Transport Gender-specific Issues through Football Sessions
Football Session 1 - Gender stereotypes, Gender roles - Checklist

**WARM UP**
- 15m
- 25m
- 1 Ball for every player
- 8 Cones

20 MINUTES

**MAIN PART**
- 30m
- 40m
- 1 Ball for every player
- 6 Cones
- Bibs for half the players
- 2 Goals

40 MINUTES

**CONCLUSION**
- 30m
- 40m
- 2-3 Balls for every pitch
- 6 Cones for every pitch
- Bibs for half the players
- 2 Goals for every pitch

30 MINUTES
TRANSPORT GENDER-SPECIFIC ISSUES THROUGH FOOTBALL SESSIONS

FOOTBALL SESSION 1 - GENDER STEREOTYPES, GENDER ROLES

WARM UP
20 MINUTES

PHASE 1

“Female or Male?” - Dribbling
- Players dribble around in the mixed zone, each with their own ball. The coach gives advice on how they dribble.
- The coach then shouts out a statement/location (kitchen, garage, beer is for?, wine is for? etc.) from his statement list. As quickly as possible, the players have to decide which is the ‘correct-answer-zone’ and have to dribble in the zone. 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 (crunches, push-up, 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.

Variation
- At the beginning of the game, every player has 3 points. For every wrong answer, or being last on the correct answer-field, he loses a point. Players with 0 points are out (Juggling-exercises!). All players who still have all 3 points at the end are the winner.

PHASE 2

“Try to catch your partner” (without ball)
- In a marked off area a couple - one male and one female player (or rather one is declared a female and the other one the male player) - run next to each other.
- The coach gives advice how to move.
- The coach shouts out a statement about gender attitudes (statements like strong, sensitive, weak etc.). If it is a male attitude, the male player will have to run away and the female tries to catch him.

Variations
The variations should only be introduced when the previous ones are mastered by the group.
- “Try to catch your partner” with ball + dribble exercises between statements.
MAIN PART

40 MINUTES

PHASE 1

5-on-5
- The coach comments the game. He uses stereotypes and bashing (compare the picture on top) while playing.
- When the teams hear the coaches bashing or stereotypes, they have to stop the game and build a circle around the coach.
- The coach apologizes and the game starts again.

PHASE 2

Shooting competition
- The player starts to dribble into the slalom-course, when the coach shouts out stereotypes or attitudes.
- Depending on the statement (female or male attitude), the player has to shoot on the left or right goal (compare the picture placed above) 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?
CONCLUSION

30 MINUTES

GAME

5-on-5 game with a special task
- 2 teams - each with a goal + goalkeeper.
- Before the game starts both teams have to decide how to cheer when shooting a goal: “Cheer like girls” or “Cheer like boys”.

COOLING DOWN

PHASE 1

Balance exercises
- Standing on one foot, the other one is in the air in front of you.
- Try to stand still and not to lose balance. Control yourself!
- While standing on one foot, swing the other foot up and down and from the left to the right.

Only for advanced players
- The same starting-position: Standing on one foot, the other one is in the air in front of you.
- + close your eyes!
- You will see that it is much more difficult, because you don’t have an orientation point.
Lesson 7

Transport Gender-specific Issues through Football Sessions
Football Session 1 - Gender stereotypes, Gender roles

Balance exercise - with ball
- While standing on one foot, try to dribble the ball around your standing foot (change direction!).
- Don’t forget to change the foot!

Phase 2

Whole-body-workout - Bridge
- The only contact with the floor is with your toes / feet and your forearm.
- The whole body should be in a line, as you can see on the picture.
- Therefore: Use your abdominals and your gluteus maximus tight to hold the position.
- Hold this position for 30 sec.

Whole-body-workout - Side Bridge
- Lie down on your side with your forearm flat against the floor and at a 90 degree angle from your torso.
- Use your abdominals and obliques to raise your body diagonally off the floor. Only your forearm and the side of your foot should be touching the floor. Hold this position.
- Don’t lower your hips.
- Hold this static position for 30 sec. then change sides.