

## LESSON 7

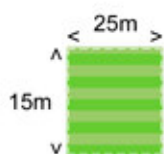
## Transport Gender-specific Issues through Football Sessions

### Football Session 1 - Gender stereotypes, Gender roles - Checklist

#### WARM UP



20 MINUTES



1 Ball for every player

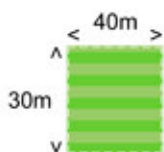


8 Cones

#### MAIN PART



40 MINUTES



1 Ball for every player



6 Cones



Bibs for half the players

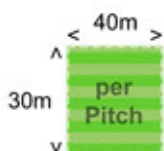


2 Goals

#### CONCLUSION



30 MINUTES



2-3 Balls for every pitch



6 Cones for every pitch



Bibs for half the players



2 Goals for every pitch

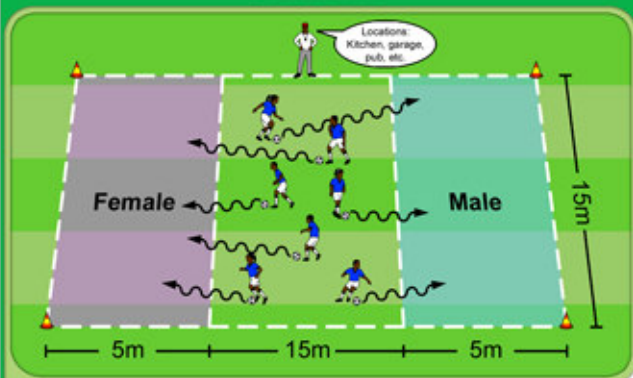
## Transport Gender-specific Issues through Football Sessions

### 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

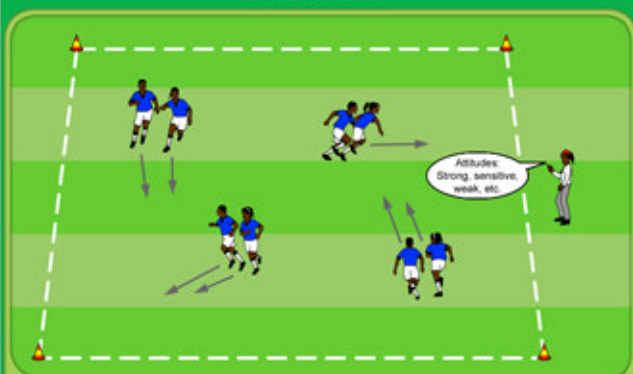
answer and a short explanation. The players, who got the answer wrong, have to do an additional exercise as a penalty (crunches, push-up, knee-bends etc.).

- ☞ 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.

## Transport Gender-specific Issues through Football Sessions

### Football Session 1 - Gender stereotypes, Gender roles

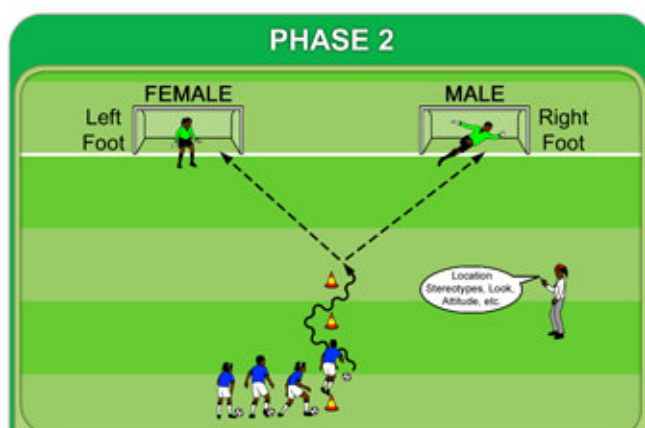
## MAIN PART

40 MINUTES



#### 5-on-5

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



#### 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?

## Transport Gender-specific Issues through Football Sessions

### Football Session 1 - Gender stereotypes, Gender roles

## 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.

Girls usually have a better balance!



## Transport Gender-specific Issues through Football Sessions

### Football Session 1 - Gender stereotypes, Gender roles



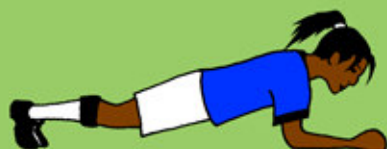
#### Balance exercise - with ball

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



Boys tend to be stronger than girls.

## 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.