

يا رياضية Yalla Riyada Bus

Driven by the passion for sport.

 Sport for
Development



giz Deutsche Gesellschaft
für Internationale
Zusammenarbeit (GIZ) GmbH



Support

Children have a natural urge to move and play. They discover the world and make friendships in the schoolyard. Every opportunity to get active teaches important life lessons and creates a positive learning environment. An active school is the basis for a healthy development of our children and youth.



Ministry of Education



Sport is about success and setbacks, about passion and dreams. Behind every achievement, there is an outstanding effort and a clear vision of individuals who are driven by the passion for sport. We are happy to support the “Yalla Riyada Bus” on its way towards a more active future of children and youth in Jordan.

Asian Football Development Project

Implementation

The Project “**Yalla Riyada Bus**” is implemented by GIZ ‘Exchange, Education and Conflict Transformation through Sport for Development’, on behalf of the Federal Ministry of Economic Cooperation and Development (BMZ).

SPOTLIGHT

SPORT FOR DEVELOPMENT PAVES THE WAY FOR AN ACTIVE NEXT GENERATION

The new initiative “Yalla Riyada Bus” organises sport festivals in schools and communities all across Jordan.

Inspire children and youth to discover sport and get involved
Support teachers and coaches in creating a positive environment
Promote sport and a healthy lifestyle in the community



Foreword

Dear esteemed sports colleagues and all who see sport as a way of life.

As President of the Jordan Football Association (JFA) and the West Asian Football Federation (WAFF), I have witnessed firsthand the power of sport in promoting growth and generating peace.



Sport can bring people together, create values, and foster team spirit and feelings of community belonging. It can also educate people and promote development; it can help curb violence and has a positive impact on the physical and emotional well-being of children and young adults.

Sport dignifies the individual as it can influence social change based on principles and ideals. Finding joy in sport, as well as self-discipline, dedication and sportsmanship in the realm of healthy competition changes expectations and influences how we relate to others. Sport can form idealistic and dedicated people with clear life goals and the ability to coexist peacefully in society.

We are thus not primarily concerned with the development of qualitative results but more so the social aspect of the game. I support work that promotes personal development, improves the quality of life, and ensures social cohesion between members of a community.

I am very pleased with the efforts put in this project. To this end, the JFA works strategically alongside the German Development Cooperation (GIZ) in Jordan, in the promotion of life skills through qualitative sport activities in Jordan.

A handwritten signature in black ink, appearing to be 'Ali Bin Al Hussein', written in a cursive style.

HRH Prince Ali Bin Al Hussein

President of the Jordan Football Association

Chairman of the Asian Football Development Project (AFDP)



Foreword

Dear esteemed colleagues who educate children and youth,

The values that can be learnt through sports and other games and activities such as trust, dependability, discipline, honesty, respect, fair play and self-awareness are values that are valid not only on a field, but beyond it.

Sports unite children and young people regardless of their age, gender and their cultural and social background. It empowers them to become confident, open minded and supportive members of their community and to function as role models for others.

Moreover, sports play an important role in increasing and supporting gender equality. By utilizing the attractiveness of sport to teach competences for employability, such as teamwork, communication skills and perseverance, we support the personal development of young people – the ones who will shape their country's future.

Behind every successful player is a committed trainer and since children look up to their elders, teachers and trainers, it is our duty to take full responsibility in fulfilling our roles as role models. This implies that it is not only the children who are in need of training and guidance, but also us. As trainers, teachers, mentors, partners, friends and more, we are also in need of steady guidance and support.

It is for this reason that we support this project as it promotes sport in every parts of Jordan. The values and skills conveyed can be adapted to all aspects of life which consequently lead to a more promising future for us all.



A handwritten signature in black ink, consisting of several loops and a long horizontal stroke.

Dr. Omar Ahmad Al-Razzaz
Minister of Education



Context

With the rapid population growth in Jordan, caused by the crisis in Syria, many schools and communities face enormous challenges in ensuring basic services and education for all parts of the population. Particularly in host communities, teaching staff are already working in a double-shift system with high numbers of students per class. It is not easy to maintain social peace and stability. The most vulnerable children are often also the first to be neglected. Many children have hardly any access to sport and safe leisure time activities.

Sport as a tool for sustainable development

However, sport has great power. Team sport in particular has a positive impact on the physical and mental health of children and young people. It teaches people values such as fairness, tolerance, respect and discipline. And sport teaches life skills which help people to cope with difficult situations and to take their future into their own hands.

Sport can be an important stimulus not only for individuals but for the whole of society. It has been recognized as a viable and practical tool to assist in the achievement of the Sustainable Development Goals (SDG). In its Resolution 5/58, the United Nations recognizes “sport as a means to promote education, health, development and peace”.



“Sport as a means to promote education, health, development and peace” - The United Nations | Resolution 5/58

The German development cooperation

For more than thirty years now, Germany has implemented various sports projects as part of its development cooperation activities – the aim being to get people active, raise awareness and foster social and economic integration. With children and young people as the main target group, special attention is paid to the needs of girls, young women and other marginalized groups. “Sport for Development” is a cross-cutting theme with numerous links to various development goals.



YALLA RIYADA

A BUS ON TOUR

The sport bus is touring through all parts of Jordan. It visits schools and communities. Always on board: a Sport Festival with fun activities for the kids and with practical tips for the teachers and coaches. A following Info Block introduces S4D, further qualification options and is a platform for exchange on sport activities in the community.

Inspire children and youth!

The sport festivals diverse exercises to get the kids active and discover new sport disciplines. Local youth volunteers help to organise and run the events. Their participation is essential to achieve an impact: young role models can take over responsibility and demonstrate their skills.



Support teachers and coaches

Teachers and coaches host the event in their school or community centre (sport club, youth centre, ...) together with the GIZ instructors and the volunteers. They experience how to apply the S4D methods in an age-appropriate, fun-oriented and participatory sport programme that focusses on both sportive and social skills. They are provided with adequate sport equipment to maintain regular sport activities in their communities.



Promote sport and a healthy lifestyle

Local partners (teachers/coaches, youth volunteers, principals, other decision makers and local authorities) are introduced to the GIZ S4D programme in Jordan in an information session after the event. A debriefing of the practice answers open questions. Teachers and coaches as well as youth volunteers are informed about further qualification programmes of the GIZ and partner organisations.



The “Yalla Riyada Bus” is more than just a transporter – the bus delivers a message of equality and unity.

Children and youth not only have a natural urge to move and play, they also have the right for it: by signing the UN convention on the Rights of the Child, Jordan has committed to support physical education and leisure sportive activities for all children in the country. The Yalla Riyada events also take a look at local conditions: how can we get the most out of the space we have? What sport do you want to try out? These and other questions are discussed before an event together with local partners and particularly children from the school.

SPORT FOR DEVELOPMENT IN JORDAN



On behalf of the Federal Ministry of Economic Cooperation and Development (BMZ), the GIZ regional Programme ‘Exchange, Education and Conflict Transformation through Sport for Development’ aims to strengthen children’s physical and mental abilities through sport activities regardless of age, gender or social and cultural background. The GIZ Programme trains teachers and coaches in the S4D methodology to maintain a gender sensitive, age-appropriate, fun-oriented and participatory training programme that teaches both sportive and social skills. The S4D methodology utilizes sport to harness social cohesion, psychosocial well-being, gender equality and conflict transformation.

Sport Festival

A valuable sport class or training session respects the best interest of the children. The Yalla Riyada Sport Festivals offer different sport modules. This brochure shows a festival for 60 children aged 10 - 12 that introduces a variety of team sport disciplines.

Team Sport: Catching and throwing

This module introduces each sports with two games: an **introduction** exercise teaches the basic sportive skills, a second **game** exercise adds the competition mode.

Zone 1: Basketball 	Zone 2: Frisbee 
Introduction: Passing Rotation	Introduction: Frisbee hunt
Game: Contact Ball	Game: Overtake the disc
 10	 15
 5	 5
Zone 3: Handball 	Zone 4: Football 
Introduction: Ball Parkour	Introduction: Ball Thieves
Game: End zone Handball	Game: Dribbling goals
 15	 5
 20	 20

Other modules offer game and play based activities to teach basic motor skills to a younger age group





Zone 1 Basketball



Social Goals: Non-verbal communication skills.



Sportive Goals: Basic BB passing and catching techniques



10



5



30 Min.

PASSING ROTATION

12 Min.

Organization and Procedure:

- Form 3 teams of 5 players and split them into two groups: 2 on one side and 3 in a distance of 5 meters on the opposite side.
- The ball is passed between the players in the front of their lines. The players follow their pass to the other side.
- Introduce one by one the three basic passing techniques:
 - over-the-head pass (1) chest pass (2) and bounce pass (3)
- After all techniques are introduced, players can decide on the technique every time they pass. Before passing, they shout number 1, 2 or 3 to indicate the technique; players should keep eye-contact.

Variations:

- Rolling the ball (younger age)
- More passing techniques, incl. fakes; including a defender (the one who passed follows the pass and becomes a defender) with 50% or 100% intensity (older age)

INTRODUCTION

Key message: *Players realise how clear verbal and body signals help their partners to catch the ball.*

6 Min.

Break

CONTACT BALL

12 Min.



Organization and Procedure:

- Form teams of 5 players and built a 10x10m pitch.
- The players of one team pass the ball to each other to count as many catches as possible. The opponent team tries to avoid catches.
- The goal is to count at least 10 passes to get 1 point.
- The possession of the ball changes when the ball is dropped, caught by the opponent or caught outside the field. No steps are allowed while holding and throwing the ball.
- While two teams play, one team is waiting outside and counting the catches. When a team scored 1 point, the "loser" team gets replaced with the "outside" team.

Variations:

- Ask children for "fair play" rules, e.g. every team member has to touch the ball to score a point; No body contact allowed; handshakes when the teams change;
- Return passes to the same player are not allowed

GAME



Zone 2 frisbee



Social Goals: Dealing with set backs



Sportive Goals: Basic passing and catching techniques



15



5



30 Min.

FRISBEE HUNT

 12 Min.

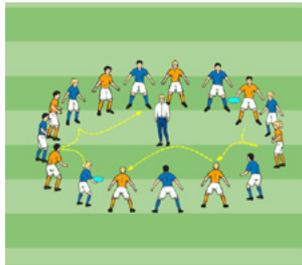
Organization and Procedure:

Part 1:

- Built a big circle, every child has a Disc, and show tasks.
- Copy the movements of the coach (circle through legs, around the hip, ...)
- Hand the Frisbee to the person on the right/left until you receive your own disc again (counting included); throw the disc above your head and catch

Part 2:

- Introduce basic throwing technique. Place a hoop in the middle of the ring.
- Who can throw the Frisbee so that it lands in the hoop?
- Try several times.



Part 3:

- Stay in the circle and form two teams by counting through "1 and 2".
- Both teams have one Frisbee on the opposite side of the circle.
- On "go" the disc is passed to the next team member on the right, so that it rotates in the circle as fast as possible. The disc that reaches the starting point first, wins.
- Alternatively, the disc continues to circulate until one disc "catches" the other disc.

INTRODUCTION

Key message: Dropping the disc or missing the target can be frustrating. Coaches should encourage not to give up and to find solutions instead. Be smart, throw short.

 6 Min.

Break

OVERTAKE THE DISC

 12 Min.



Organization and Procedure:

- The teams start from the base line and have to get to the cone and back as fast as possible. Running is only allowed without the disc. To move forward, player 1 runs a few meters and catches the disc from player 2. While P1 has to stop, P2 continues running to receive the disc back.
- When the disc is dropped, go back to start. Game ends, when all teams reached the finish line.

GAME



Zone 3 Handball



Social Goals: Teamwork and cooperation



Sportive Goals: Basic passing and catching techniques



15



20



30 Min.

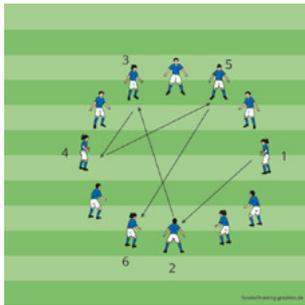
BALL PARKOUR

12 Min.

Organization and Procedure:

Part 1:

- Built a big circle, every child has a handball, and show exercises.
- Copy the movements of the coach (circle through legs, around the hip, ...)
- Hand the Handball to the person on the right/left until you receive your own disc again (counting included); throw the ball above your head and catch



Part 2:

- Player 1 throws the ball to anyone in the circle.
- Player 2 passes over to another player who has not caught it yet. This continues until everyone touched the ball one time and it arrives back at player 1.
- Now every player always throws the ball to the same person from round 1 and receives it back from the same person.
- More balls are added slowly.

INTRODUCTION

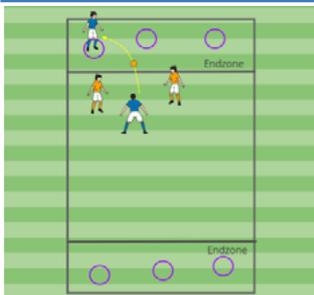
Key message: Every player is an important part of the team. Teams win together and loose together.

6 Min.

BREAK

END ZONE HANDBALL

12 Min.



Organization and Procedure:

- Divide players into 3 teams of 5 players. A game of handball is played. Goals are scored when the ball is caught in the end zone (harder: in a hoop)
- With three teams: after a team scored, it stays on the pitch; the other team is replaced with the 3rd team until the next point is scored.
- Ask children for "fair play" rules, e.g. every team member has to touch the ball to score a point; No body contact allowed; handshakes when the teams change;
- Return passes to the same player are not allowed

GAME



Zone 4 Football



Social Goals: Show respect and appreciation for others.



Sportive Goals: Dribbling and ball control.



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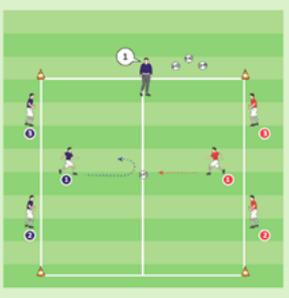
20



30 Min.

BALL THIEVES

 12 Min.



Organization and Procedure:

- Form two teams and number the players.
- The players line up along the “goal line”
- The trainer calls a number and rolls a ball into the court.
- The children with the called number try to get the ball and dribble back behind the own start line.
- The other player is defending and tries to get possession to score.

Variations:

- Choose different starting positions (lying, sitting, squatting, backwards, etc.).
- Instead of dribbling back over the own start line, a goal can be scored when shooting or dribbling across the opponents start line.

INTRODUCTION

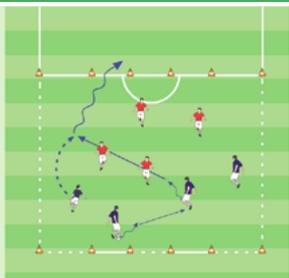
Key message: If the opponent is stronger, resignation or un-sportsman like play is no solution. Players can focus on defending instead.

 6 Min.

BREAK

DRIBBLING GOALS

 12 Min.



Organization and Procedure:

- Mark a 20 x 40 m field with two dribbling gates at the base lines.
- Built 3 teams of 5 players.
- Free play on two dribbling gates

Variations:

- Use the entire baseline as a goal.
- Play on six goals (e.g. two small ones outside, one big in the middle).

GAME



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