1. My Background
2. Inspiration
3. Application
4. Fundamentals of PL
5. Case Study
6. Taste of Africa
Through our work.. We have stood in the shadows of Giants
Albert Johannesson FC

Mosney Refugee Accommodation Centre

Playing ‘outside’ with kit from South Africa and UEFA
"A solid platform for building good people"  Ken McCue (SARI)
Good intentions......
Football for Life

Creative thinking

Healthy Brain

Problem Solving

Goal-setting

Healthy Body

Physics

LEADERSHIP

The leader always sets the mood for others to follow.
<table>
<thead>
<tr>
<th>Sports Specific</th>
<th>Life Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical activity</td>
<td>Positive self-esteem</td>
</tr>
<tr>
<td>Improved Postural Alignment</td>
<td>Confident Posture</td>
</tr>
<tr>
<td>Healthy Eating Awareness</td>
<td>Good Decision Making Skills</td>
</tr>
<tr>
<td>Quicker Reaction Times</td>
<td>Assertiveness</td>
</tr>
<tr>
<td>Improved Flexibility</td>
<td>Team Work Principles</td>
</tr>
<tr>
<td>Improved Soccer Skills</td>
<td>Leadership Skills</td>
</tr>
<tr>
<td>Improved Exercise Tolerance</td>
<td>Develop Positive Habits and Attitudes for life</td>
</tr>
<tr>
<td>Fun Football</td>
<td>Spatial Awareness Lateral Creative Thinking</td>
</tr>
<tr>
<td>‘Football Vision’</td>
<td>Lateral Creative Thinking</td>
</tr>
</tbody>
</table>
Our Vision: Pioneer a Global Physical Literacy Curriculum that harnesses the good intentions of volunteers and turns their good intentions into positive change.
Fun-Fitness & Flexibility

Sport

Life
FAI Case Study: Intercultural Department

My Club After School Programme

- 6 weeks
- 1hr
- After-school
- INTERACTIVE
## Section 4: Peripheral Vision

**Awareness of surroundings with minimal head displacement**

<table>
<thead>
<tr>
<th>Benefits for Sport</th>
<th>Benefits for Life</th>
</tr>
</thead>
<tbody>
<tr>
<td>● Develops Foot-Eye Co-ordination</td>
<td>● Improved balance</td>
</tr>
<tr>
<td>● Greater feel for the ball</td>
<td>● Less tunnel vision</td>
</tr>
<tr>
<td>● Gives the player a broader perspective</td>
<td>● Improves perception</td>
</tr>
<tr>
<td>● Greater spatial awareness</td>
<td>● Promotes lateral thinking</td>
</tr>
<tr>
<td>● Football vision</td>
<td>● Less hasty decisions</td>
</tr>
<tr>
<td></td>
<td>● Better composure</td>
</tr>
<tr>
<td></td>
<td>● Creative thinking</td>
</tr>
</tbody>
</table>

Has to be woven into specific, consistent drills: See Session Plan

**Activity:**
Study the 2 pictures and discuss your observations

---

![Image](image-url)
My Club After School Program
FUNDamental Football
For Learning Lifeskills

**Nutrition**
- Brilliance of Bobby Banana
  - Contains 3 natural sugars and fibers
  - Instant, sustained energy release
  - High in potassium which boosts your brain power and alertness
  - High in B vitamins to calm your nerves
  - Very high in Carbohydrates

**Fun, Fitness & Flexibility**
- Fun Football games like ‘Ghost-busters’ and ‘Road Traffic Dell’ will improve your fitness and skill.
- Remember to stretch before and after exercise.
- TIP: Perfect practice makes perfect

**Peripheral Vision**
- Make a habit of looking around you.
  - It gives you more options.
  - Makes you more creative.
  - More important to your team.
  - This is also important for road safety.
- TIP: “Control-have-a-look”

**Communication**
- A passive response is to behave as if other people’s rights matter more than theirs.
- An aggressive response is to behave as if your rights matter more than those of other people.
- An assertive response is to respect yourself and others equally.
- TIP: Take deep breaths to help you stay calm.

**Leadership**
- In the jungle, the Lion is not the biggest, not the fastest, not the wisest, not the tallest, not the strongest yet he is The King of The Jungle.
- When you lead your team, what kind of leader are you?
- TIP: There is no ‘I’ in the word TEAM

**TIP**
- Imagine a helicopter lifting you from the top of your head... you should feel 2cm taller.

**Poster Power**

Professionally Designed
Values-based Sports Education Programme
**Worksheet: Healthy Eating**

*Bobby Banana* grew up on a Fyffes plantation in the warm climate of South America. He was hand-picked by a talent scout called Freddy Fyffes and travelled to Ireland aboard a Fyffes container ship where he joined the FAI team.

Bobby quickly made friends with *Polly Pineapple* and *Conor Cranberry* and other FAI friends. They all worked together to encourage kids to eat a healthy diet and exercise.

Bobby needs directions to *Ciara Carrot’s* soccer match. **Draw the path through the maze, starting at 3 and counting in 3s up to 300.**

<table>
<thead>
<tr>
<th>192</th>
<th>189</th>
<th>180</th>
<th>177</th>
<th></th>
<th>18</th>
<th>21</th>
<th>30</th>
</tr>
</thead>
<tbody>
<tr>
<td>195</td>
<td>186</td>
<td>183</td>
<td>174</td>
<td></td>
<td>15</td>
<td>12</td>
<td>33</td>
</tr>
<tr>
<td>198</td>
<td>201</td>
<td>168</td>
<td>171</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>207</td>
<td>204</td>
<td>165</td>
<td>162</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>210</td>
<td>213</td>
<td>216</td>
<td>219</td>
<td>159</td>
<td>156</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>255</td>
<td>252</td>
<td>231</td>
<td>228</td>
<td>225</td>
<td>150</td>
<td>51</td>
<td>66</td>
</tr>
<tr>
<td>258</td>
<td>249</td>
<td>234</td>
<td>237</td>
<td>144</td>
<td>147</td>
<td>54</td>
<td>63</td>
</tr>
<tr>
<td>261</td>
<td>246</td>
<td>243</td>
<td>240</td>
<td>141</td>
<td>138</td>
<td>57</td>
<td>60</td>
</tr>
<tr>
<td>264</td>
<td>267</td>
<td>294</td>
<td>297</td>
<td>300</td>
<td>135</td>
<td>132</td>
<td>129</td>
</tr>
<tr>
<td>273</td>
<td>270</td>
<td>291</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>276</td>
<td>285</td>
<td>288</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>279</td>
<td>282</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Carrots contain carotene. It is pronounced “care-an-teen”. Carotene is what makes carrots orange and full of Vitamin A. This helps keep your eyes strong. Can you colour in *Ciara Carrot*?

Physiopharm/ssia2010©
World Cup update

Altitude can make you FLAT!

Even athletes in top condition could have difficulties in the highest of South Africa's stadiums which sit thousands of feet above sea level. The thin air will affect athletic performance if players are not properly prepared. A key measurement concerns the heart rate of the players. Some will see a significant rise that, in match conditions, could lead to problems with premature fatigue.

England players have been training and tested on special bikes connected to a mask to simulate the altitude conditions. This guides the individual's training programmes. There is psychological testing, too, because some players will experience mental fatigue that can lead to a slowing of reaction times and a problem with decision making. All pretty important stuff on a football pitch during a crunch match.

Teams like England and Spain have set up camp in Austria whilst teams like Australia have been in South Africa since mid-May. Australian players have also been sleeping in 'Altitude Tents' for the last 3 months.

Liverpool have a similar altitude chamber to help speed up recovery from injury. Craig Bellamy has one installed in his home.

Did You Know?
Exercise boosts your brain power!
Everybody knows that exercise is good for your overall health and heart, but in recent findings, powerful evidence has proven that exercise is great for your brain.
Scientific experiments have discovered that mice consistently using running wheels had around 2x the amount of hippocampal neurons (brain cells) as the mice that didn’t exercise.
Another study at Colombia University found that humans who had a exercise training program were able to grow and maintain new brain cells and nerve cells in the

How can smaller nations compete? Get the fundamentals solid (PNFPCL etc), develop a culture of excellence and then your attitude will determine your attitude.

Coaches Corner
- Physical Literacy entails Fundamental Sports Skills (running, jumping, throwing) plus Fundamental Movement Skills (Balance, Co-Ordination)
  - PL = FSS + FMS
- Tip: FMS requires slow, controlled perfect practice to build perfect muscle memory
**SECTION 7: Menu**

**Icebreaker** (Back2Back: Stand with No Hands, Head, Shoulders, Knee Ball)

**Move Tall** (Cross circle through centre, Walk, Reverse, Lunge, Skip, Reach for Stars)

**Body Ball Awareness** (Dribble Stop Heel/Knee/Head)

**Close Control** (Follow the Leader)

**Fun Fitness** (Ghost Busters, Ghosts with/without ball)

15 min

“2 Inches Taller”

“Helicopter Lift”

“Lunging-Giraffe”

“Call loud and clear”

---

**Football Vision**

5 min

**Peripheral Vision**
**See Cones**
**See Player**

“Control-have-a-look”

“Look Early-Look Good”

---

**Nutrition**

5 min

“Wetter is better”

“Carbo Load”

---

**Communication**

**Peripheral Vision**

10 min

3 Triangle SSG

3 v 3

1 minute managers

4 Mini Goal SSG

- 5 v 5 or 6 v 6
- 1 minute manager
- no ref
- chain game
- End with Pressure Penno’s (Verbal Distraction)

“Control-have-a-look”

“Patience”

“Options, Options”

“Try a Trick”

“Control have a look”

“Make the ball your friend”

---

**Fun Fill**

5 min

**Road Traffic Warm Down**

Green lights, Red, Motorway, Yellow, Speed Bumps, Roundabout, Traffic Jam, Reverse, Breakdown

///Knee Hugs Stretch///Hi-five’s all round

Worksheet for the Week
<table>
<thead>
<tr>
<th>Fundamentals</th>
<th>Football Benefits</th>
<th>Life Benefits</th>
<th>Language</th>
</tr>
</thead>
</table>
| **Posture, Balance & Co-ordination** | Efficient Movement, Body-Ball Awareness, Quickness, Close Control, Fluid Football | Positive Self Esteem, Feel more confident, Look more confident, Feel more energetic, Greater Resilience, Co-ordination | “2 INCHES TALLER”
‘Feel the Helicopter Lift’
‘Walk Tall’
‘Stork Standing’
‘Lunging Giraffe’ |
| **Nutrition**     | Fuel for Football, Improved Performance, Improved Recovery Time | Healthy Eating Habits, Healthy Lifestyle, Healthy Body             | “Wetter is Better”
‘Load Carbs, Low Fat’ |
| **Fun-fitness & Flexibility** | Aerobic Fitness, Agility, Feel for the Ball, Reaction Times, Staying Switched On | Inter-active Fun, Healthy Body - Healthy Mind, Healthy Habits, Dynamic Stretching, Injury Prevention, Concentration Span | “Make the Ball your Friend”
“Stretch for Speed”
“Try-a-Trick”
“Run-Like-Ronaldo”
Lightening “Bolt”
Turn Like “Torres”
Dummy Like “Duff”
“Football Fun to be Fit”
“Perspire to Inspire” |
| **Peripheral Vision** | Spatial Awareness, Greater Options, Creative Control | Lateral Thinking, Creative Thinking, Consider Others, Alertness e.g. Road Safety | “Control-have-a-look”
‘Look Early - Look Good’
‘Triple Threat’
(Pass, Shoot, Dribble) |
| **Communication** | Self Expression, Practice Verbal and Non-Verbal Communication, Team Building on and off-field, Active Listening, Personality Expression, Executing Plans | Assertiveness, Team Principles, Controlled Expression of Emotions, Personality Development, Self-esteem | “Well Done”
“Good Idea”
“Control-Look”
“Watch your house”
“Make it count”
“Think Safe” |
| **Leadership**    | Sets good example on-field, Different Zones-Different Responsibilities, Earns and maintains respect, Motivates others, Morale, Discourages poor sportsmanship | Respect, Delegation skills, Motivator, Not complacent, Good work ethic | “Brilliant”
“Good Idea”
“Good Effort”
3R’s (Release, Review, Reset)
Uses ‘We’ and less ‘I’
Performance Rating |
Bridge Building