

The International Day of Sport for Development & Peace Festival 2019

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Guidelines

1. REGISTRATION

Each invited participating team is expected to register upon arrival at the registration stand in order to receive its wrist bands to mark each team with a different color.

2. TEAM COMPOSITION

Each team is expected to follow the below information in the formation of its team. Each team should consist of maximum of **10 people**.

Each team shall bring the following team members:

Coaches/ Teachers

Total Number: **1**

Players

Total Number: **10**

Age: **Between 12 - 15 years,**

Gender: **Mixed, 5 girls & 5 boys**

3. SPORT CODES

The fixture of all games will be published and displayed after all teams have registered. Every team should compete in all sport game stations, namely basketball4life, football4life and life skills. Each team will rotate from station to station according to the official fixture.

Mixed Football4Life games

A) Blindfolded football

1. There shall be **10 players** on the field per team
2. Every match shall be 7 minutes each half with 1 minute half time
3. **1** player per team will be **blindfolded** and is the only player who is allowed to score a goal
4. The rest of the team has to find a way how to guide the blind player via communication
5. Each goal scores 1 point
6. There will be no offside
7. All other football rules shall be applied

Possible Key Messages for connected conversations

- Importance of communication
- How do I say something and how does the other person receives it?
- Importance of team work
- What worked well as a team?
- Staying focused to be able to goal
- Trust between players improves performance

B) Paired football

1. There shall be **10 players** on the field per team

2. Every match shall be 7 minutes each half with 1 minute half time
3. Each player shall pair up with another player, therefore forming **5 pairs**
4. One leg shall be tied up with the other player's one leg
5. Pairs have to try to play football and shoot goals
6. Each goal scores 1 point
7. There will be no offside
8. All other football rules shall be applied

Possible Key Messages for connected conversations

- Importance of team work
- What worked well as a pair?
- Staying focused to be able to goal
- Trust between players improves performance
- Importance of healthy relationships
- How did the disabling of your one leg affected you?

C) Drunken Striker

1. Both teams form a queue each
2. For each team a goal is set up with 2 cones, distance to teams around 20m
3. A football is placed 10m before each goal
4. **One player** per team has to **circle** around a marking for at least 10 circles as fast as s/he can
5. Instructor tells player to stop circling, they **run** to the football and try **shooting** into the goal
6. Each goal scores 1 point
7. Repeat with at least 5 players per team

Possible Key Messages for connected conversations

- How did the circling effect your balance and performance?
- Connection to abusing alcohol or drugs
- Effects of losing orientation or focus

D) Protect the Trees

1. Ten players are **tree fellers** and the other ten players are **nature conservators**
2. The nature conservators **protect** a one with a football on top
3. The tree fellers have to **knock over** as many cones as possible in 2 min
4. Then repeat the game and swap the teams
5. Which team managed to protect more cones?

Possible Key Messages for connected conversations

- Raise awareness of protecting trees and the forest
- Protect yourself from harm
- Being aware of your surrounding and dangers

Mixed Basketball4Life games

A) Overcome the obstacles

1. Both teams form a **queue** each

2. One player per team has to **dribble** the basketball around several cones which are marked as a certain **obstacle** in life (e.g. drugs)
3. If a player touches the cone or misses one, s/he needs to go back to the start line
4. At the end of the slalom the player must **shoot** into the basket
5. Each goal scores 1 point

Possible Key Messages for connected conversations

- How did overcome the obstacles?
- Connection to focus, not giving up, scoring life only when overcoming obstacles
- Life is sometimes not straight forward

B) Separate your waste

1. All over the field different items (“waste”) will be spread – each team has one half of the court
2. **All** players run over their field to **collect** the **waste**
3. Players have to **separate** the waste into given categories and put them in the respective bins (e.g. water bottles into a bin tagged with water)
4. While they are collecting the waste, they have to constantly **dribble** a basketball
5. Which team is faster?

Possible Key Messages for connected conversations

- Raise awareness about keeping a place clean and separating waste
- Learning about (environmental) responsibility
- Challenge of focusing on ball and collecting waste
- Did waste on the ground disturbed playing the ball? Ensure having a clean sports ground

C) Freeze Tag Game

1. All players dribble around the field and try to avoid being tagged
2. **One player** per team is a **virus** and has to **tag** players of the other team
3. If a player has been tagged by a virus s/he must freeze (legs slightly spread)
4. Another “living” teammate can **unfreeze** the player by **dribbling** through his or her legs

Possible Key Messages for connected conversations

- Players should avoid negative influence or diseases in society
- Importance of good relationships or friendships
- Influence of good teamwork
- Players are not alone and get assistance by others

D) Dribble Thief

1. Each player **dribbles** the ball in a limited floor space.
2. Every player must **protect** their ball as they dribble, while others try to **knock** their opponents ball **out**.
3. For each knocked out ball the team gets a point

Possible Key Messages for connected conversations

- Importance of protecting yourself

- Being aware of your surrounding
- Keep on trying – don't give up

4x100m Relay Race

1. Each team shall register **4 participants** (2 boys and 2 girls) for the 4x100m relay race
2. Each runner runs **100m**
3. After 100m he or she passes the **baton** on to its teammate

4. OTHER ACTIVITIES

Life Skills

There will be a station with life skills and quiz games. Every team (at least all 10 players, for coaches it is voluntary) has to take part ONCE at least in the life skills games session.

A) Monkey football

- Players form a circle, shoulder on shoulder, legs spread apart and foot touch neighbour's foot
- Ball is only allowed to be played with hands
- Players try to shoot through other players' open legs
- The player who let's a ball through her or his legs has to go out of the circle and answer a question about HIV/ AIDS, asked by an instructor

B) Stone game

- 5 vs 5 players, 2 players always face each other
- Between each pair of players lies a stone
- Instructor gives instructions, where players have to touch different body parts such as nose, ear, knee and so on
- When instructor says "stone", players have to try to grab the stone in front of them faster than their partner

C) Protect your tail

- Each player puts a piece of clothes on the back of her or his pants like a tail
- Divide in 2 teams, based on colour of tail
- Players run around and try to remove the tails of opposite team players
- At the same time each player has to protect her or his own tail

D) Protect your diamond

- Group forms a circle, in the middle lies sth. valuable to protect (diamond)
- One player walks around the circle and tries to enter the circle
- Others need to protect the diamond and try to not let the mugger in
- If mugger succeeds in getting into the circle, the 2 players where mugger passed between are joining the mugger for the next attack
- It will get more and more difficult for the group to protect their diamond

Exhibitors

Several organisations who work in the field of development or youth are having stands with information material and informative activities. Each team should be encouraged to visit the exhibitors' stands.