



Sporting Activity - Football

Sporting Activity Program

1. Action Title	
Sporting Action name:	Football Tournament
Date:	[Date of the Event]
Duration:	[hours of the event]
Location:	[Venue of the Event]
Organizer	[Partner's Name]

2. Event Objectives
<p>The football activity aims to foster socialization, teamwork, and physical well-being among young people. Through playful and structured engagement in sport, participants will build trust, improve communication, and promote the values of inclusion, mutual respect, and cooperation. The activity also highlights the role of sports in creating healthy habits and enhancing community engagement.</p>

3. Participants [minimum required]	
Target Group:	Young people aged 16 to 25, especially those with fewer opportunities
Number of Participants:	20 young people from the target group.
Staff trainers:	2
External youth workers	2

Volunteers	Several volunteers will be invited
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4. Event Program	
Start Time and Registration	<ul style="list-style-type: none"> ● 08:30 - 09:00: Participant Arrival, Registration ● Check-in and distribution of football materials.
Opening Briefing	<ul style="list-style-type: none"> ● 09:00 - 09:30: Welcome and and Safety Briefing <ul style="list-style-type: none"> ● Welcome speech by the organizer ● Introduction of monitors, youth workers and volunteers ● Overview of the sport/leisure activity and objectives
Activity:	<ul style="list-style-type: none"> ● 09:30 – 10:00: <i>Stretching and Warm-Up Session</i> <ul style="list-style-type: none"> ● Description: <i>Participants begin with a full-body stretching session followed by light cardiovascular exercises to gradually activate muscles and joints. The warm-up continues with simple ball drills including passing, dribbling, and shooting to prepare for the football tournament. This phase ensures everyone is physically ready and reduces the risk of injury.</i> ● Basic Rules: <ul style="list-style-type: none"> – All participants must take part in the warm-up – Respect personal space during stretching – Focus on coordination and warming the body gradually ● Objectives: <p>Ensure participants are physically prepared for the activity and reduce the risk of injuries.</p> ● Trainer: [trainer's Name]
Activity 2 ¹ :	<ul style="list-style-type: none"> ● 10:00 – 11:00: <i>Tournament</i> <ul style="list-style-type: none"> ● Description: <i>Participants are divided into small teams through the selection of captains. Matches are played in a 5 vs 5 format</i>

¹ You can indicate more than one activity if necessary, depending on how you prefer to plan your sporting action. If there are several activities, describe each one separately (name, schedule, description, objectives, rules, trainer)

	<p><i>with rolling substitutions to allow rest. A mini-tournament is organized based on the number of participants: first two matches are played, then winners and losers face off in subsequent games. All matches are non-competitive and promote fair play and inclusion.</i></p> <ul style="list-style-type: none"> ● Basic Rules: <ul style="list-style-type: none"> – 5 vs 5 format with rotating substitutes – Respect all players and the referee – Each match lasts approximately 15–20 minutes - Everyone should have equal playing time <p>Objectives:</p> <p>Promote teamwork, inclusion, and fair play through structured and enjoyable matches.</p> <p>Trainer: [trainer's Name]</p>
Break and Hydration Moment:	<ul style="list-style-type: none"> ● 11:00 - 11:30 ● – Water and fruit provided – Opportunity to rest and hydrate
Activity 3:	<ul style="list-style-type: none"> ● 11:30 – 12:00: Final Match <ul style="list-style-type: none"> ● Description: <i>The final match will be played between the teams that scored the most points during the tournament. While friendly competition is welcome, the focus remains on fair play, participation, and enjoying the game together.</i> ● Basic Rules: <ul style="list-style-type: none"> – Same rules as in the previous matches (5 vs 5 format) – Substitutions are allowed to ensure everyone can participate – Emphasis on fair play and respectful communication – The match lasts approximately 20 minutes <p>Objectives:</p> <p>Promote a positive and respectful idea of competition, where teamwork, fair play, and mutual support are valued over winning.</p> <p>Trainer: [trainer's Name]</p>

Stretching and Closing Session	<ul style="list-style-type: none"> ● 12:30 – 13:30: Event Closing. Wrap-Up and Feedback. <ul style="list-style-type: none"> ● After the final match, participants take part in a collective stretching session to cool down and relax muscles. This is followed by a reflective circle where participants share thoughts about the day, the importance of sports for well-being, and how football can build friendships and cooperation. ● Participant feedback through evaluation questionnaire. ● Group photo and distribution of participation certificates. ● Thank you and closing remarks by the organizer.
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5. Required Resources	
Sports materials	<ul style="list-style-type: none"> ● Footballs (at least 2) ● Bibs or coloured vests for team identification ● Cones for marking the field and drills ● Whistle (for the trainer/referee) ● Water bottles or large water dispenser ● Stopwatch or timer ● Fresh fruit (bananas, apples, oranges, etc.) ● First aid kit ● Trash bags for cleanup
Personnel	<ul style="list-style-type: none"> ● 2 Trainers/facilitators ● 2 External Youth Workers ● Several volunteers
Safety and First Aid	<ul style="list-style-type: none"> ● Check the field is clear and in good condition. ● Ensure goals are secure and safe. ● Players must wear proper shoes and no jewelry. ● Keep spectators away from the playing area. ● Have a referee or safety officer present. ● Ensure good lighting if playing at night.

	<ul style="list-style-type: none"> • Explain fair play and safety rules to players. • Have a first aid kit available. • Have someone trained in first aid on site. • Collect basic medical info from players beforehand. • Watch for dehydration or heatstroke; provide water breaks.
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6. Collaborators
[List of Collaborators]

7. Contact Information	
Contact Person:	• [Name of Contact Person]
Phone Number:	• [Contact Phone Number]
Email Address:	• [Contact Email Address]

Additional Notes <i>[Include any other relevant information about the event]</i>
<ul style="list-style-type: none"> • Ensure all participants are aware of the venue location and schedule. • Ensure all participants are aware of the weather forecast and are prepared accordingly. • Participants should wear appropriate clothing [e.g. comfortable sportswear, proper footwear, weather-appropriate layers] • Volunteers should be briefed on their roles and responsibilities prior to the event. • A photographer will be documenting the event, so permission will be requested to use the images for promotional purposes. • Ensure participants stay hydrated and bring personal water bottles if possible. • Provide clear instructions on emergency procedures and meeting points. • Encourage respectful behavior and adherence to safety rules throughout the event. • Check that all equipment and facilities comply with safety standards before the event starts.