



Educating your players on Racism

Understanding and fighting racism in football





Lesson Plan 2 for Coaches (Module 2-related)¹

Developed by UPIT

Lesson Title	Understanding and fighting racism in football
Target Group	Young players in grassroots football
Learning Outcomes of this Activity	Upon completion of this module, your players should be able to: <ul style="list-style-type: none">● Identify what racism looks like in football and provide real examples● Recognise forms of racism and discrimination in football at the level of players● Discuss ways racism affects football (players, coaches, managers, etc.) and illustrate impact/effects on players
Activity duration	1 hour
Preparation	Prepare the theoretical content of the lesson and the practical exercises and make sure you have at your disposal all educational resources and material you will need. Players' prerequisites: basic knowledge and information regarding diversity and inclusion

¹ Adapted from https://resources.afl.com.au/afl/document/2020/08/27/10dd81a5-c8dc-4aed-9dd7-90201423e83c/AM-6909-0419-AFLSchools_Curriculum_Racism-in-Sport_Y5-6.pdf





Topics	Learning Activities	Duration in minutes (indicative)	Training Methods (e.g. presentation, group activity etc.)	Materials & Equipment Needed
<p>Introduction</p> <p>Defining Racism & its expressions in Football</p>	<p>Introduction</p> <ul style="list-style-type: none"> - Welcome the team and inform them that you will be conducting a different session today and you will be discussing racism. Highlight the importance of the issue and note that if any of the participants feels uncomfortable at any point of the training, they can let you know or take a break - Emphasize the universality of football as a sport that unites and excites people around the world. Note that, despite this, racism we are unfortunately observing many incidents and instances of racism in football. Consequently: <ul style="list-style-type: none"> o describe forms and expressions of racism and discrimination against football players o provides examples of racist acts in football adapted to the age and level of understanding of the player-learners and explains the examples o Explain the physical and psychological effects of racism on football players and illustrates with real cases these impact/effects on players <p>*The presentation can be prepared using the information presented via Modules 1 & 2 of the TACKLE Curriculum</p>	<p>10 minutes</p>	<p>Presentation</p>	<p>Laptop</p> <p>Projector</p>



	<p>Discussion</p> <ul style="list-style-type: none">● Based on all previously discussed issues:<ul style="list-style-type: none">○ asks the players to share their thoughts on racism in football, its forms and effects.○ asks learners to share their understanding of the issues● - on a whiteboard write down what the learners are sharing, to refer to later in the next activity	15minutes	Discussion	Whiteboard Markers
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	<p>Group Work</p> <ul style="list-style-type: none">- Split the team in two equal groups;- Ask each group to think ways and steps that should be taken to address all the issues previously mentioned and noted down on the white board- Based on the steps and responses identified, urge them to try to create a Code of conduct that should apply in their team to prevent and/or address racist incidents or behaviours- Ask each team to identify a representative to present their 'Code of Conduct'- Discuss with the whole team the two code of conducts presented and try to reach to collectively accepted code of conduct	20 minutes	Group Work	<ul style="list-style-type: none">- Sheets of paper- Markers- Pens/pencils
Recap	Provide a Recap of the issues discussed during the lesson and ask players to share their thoughts on the experience	10 minutes	Presentation	

