

Module 3

Coaches' Role & contribution against racism in football





Lesson Plan Template

Module Title	Coaches' Role and Contribution against racism in football
Target Group	Football Coaches, Football Officials, Grassroot Football Club Staff, Stakeholders
Learning Outcomes of the Lesson Plan	<p>Upon delivering this Lesson Plan, your learners should be able to:</p> <ul style="list-style-type: none">• Understand the important role coaches play in grassroots football• Recognise coaches' role in grassroots football as trainers, role models, mentors, and educators, as well as the role they can play in preventing and tackling racism and discrimination.• Understand the role they can play in addressing racism and discrimination in football• Realise the effect coaches can have in addressing racism at a personal, group and societal level
Lesson duration	2 Hours
What does this lesson plan cover	Coaches' Role in Football, addressing racism in football, ripple effect
Preparation	<p>Go through Module 3 of the Curriculum Gather the material required for the training/workshop Prepare a short presentation on the agenda, themes and objectives of the training/workshop Make arrangements for coffee/catering for the participants</p>





The Lesson Plan for F2F Learning					
Nr .	Topics and Sub-topics	Learning Activities	Duration	Training Methods	Materials/ Equipment Needed
1	Welcome - Ice Breaker	<p><u>Introduction</u></p> <ul style="list-style-type: none"> Welcome the participants to the workshop and introduce yourself. <p><u>Ice Breaker Activity</u></p> <ul style="list-style-type: none"> Ask participants participants to think of their bucket list – their aspirations. Consequently, give the opportunity to all to share with the group one thing from their bucket list 	10 minutes	Ice Breaker	
2	Introduction	<p><u>Presentation</u></p> <ul style="list-style-type: none"> Using a PowerPoint presentation provide a short overview of the workshop, its objectives and the themes it will cover Give participants the opportunity to share with the group their expectations from the workshop and any initial ideas and views they have on the topic and the themes to be covered 	5 Minutes	Presentation - Discussion	Powerpoint Presentation, Laptop/PC, Projector
3	Being a Football Coach	<p><u>Discussion</u></p> <ul style="list-style-type: none"> Initiate a discussion with the participants asking them to share their thoughts on the following: <ul style="list-style-type: none"> What are your responsibilities as coaches in your team/club? What challenges are you facing in your work? Share an experience where they felt proud to be a football coach Note down all the points shared by the participants on a board or flipcharts 	30 minutes		<ul style="list-style-type: none"> Board/Flipchart Markers





		<ul style="list-style-type: none"> Once the process is completed, ask participants to take 2 minutes to study the board/flipcharts with all the points and experiences shared. Then ask the group to collectively try to define their role as coaches of grassroots football team/clubs. Note down their points on a separate board or a flipchart and guide them to agree on commonly accepted description of their role and the responsibilities they have. 			
4	Coffee Break		15 minutes		
5	Group Work	<ul style="list-style-type: none"> Divide the participants into two groups. Ask them to take into consideration the things discussed in the first part of the training and their role coaches and discuss the following: <ul style="list-style-type: none"> Things they should consider when interacting with their players Steps they should take in order to better connect with their players and offer a positive environment in their team Actions they should take to prevent racist and discriminatory behaviour in their team Groups should write down their points and views on an A3 paper and identify a representative to present them to the 'plenary'. Following the presentations, lead a discussion with the group on the points put forward and try to guide them into reaching into commonly agreed points for each of the questions discussed. 	25 minutes	Group work	<ul style="list-style-type: none"> 4 A3 papers Markers
6	Addressing - Tackling Racism within your team	<ul style="list-style-type: none"> Ask the participants to share with their group any cases of racist behaviour they have witnessed in their team or in football. Encourage them to share their thoughts on the factors that led to these behaviours and the effect they had on the victim(s), the team and the sport. Note down on a board the factors that led to the racist behaviour and the effect they had After the first section of the discussion is completed and the experiences and views of the participants are noted down, ask them to now think of the actions they should take as coaches to: <ul style="list-style-type: none"> Support the player/person that has been the victim of racist behaviours What actions they can take to address the factors that feed and perpetuate racism 	20 minutes	Discussion	<ul style="list-style-type: none"> Flipchart or Board Markers





7	Reflection	Reflection <ul style="list-style-type: none">• Ask the participants to share with the group their thoughts and views on what was discussed during the workshop• Ask them to think of all the things discussed during the workshop how will they change their approach as coaches	10 Minutes	Discussion – Reflection	
8	Feedback	Give out the workshop evaluation forms and ask the participants to fill them out	5 minutes		
Duration of the Module			2 Hours		
Training Material for F2F Learning (list any material a trainer will need to deliver the training)		<ul style="list-style-type: none">• Projector• Laptop• A3 Papers• Pens/Pencils• Markers• Board/Flipchart• Evaluation forms			



