

TEAM SPORT AND COURAGE

FairPlay and sportsmanship.
A user manual for sports clubs.



IMPRINT

Media owner and publisher:

City of Graz, Department of Education and Integration,
Office for Integration, Keesgasse 6, first floor, 8011 Graz

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Layout & Production:

achtzigzehn – Agentur für Marketing und Vertrieb GmbH
Andreas-Hofer-Platz 15 | 8010 Graz | www.holding-graz.at

Printed and bound by:

Klampferdruck
Barbara-Klampfer-Straße 347
A-8181 St. Ruprecht/Raab
www.klampfer-druck.at

Translations:

Translators of the project Interpreters' Pool of the organization OMEGA
Coordinator of Translations: Mag.a Banu Yildiz

Edition 1, February 2014
www.graz.at

The electronic version of this brochure in the languages German, Bosnian/Croatian/Serbian, English, Russian and Turkish can be downloaded online at www.graz.at/integration.

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PREFACE

This user manual is based on experience from the initiative “Soccer and Courage” (“Fußball und Mut”). In this initiative we have been aiming at encouraging, guiding and strengthening football clubs in Graz to promote the concepts of FairPlay and sportsmanship.

The initiative “Soccer and Courage” was launched in the frame of the integrative project “SIQ! - Sports Integration Qualification” of the Caritas of the diocese of Graz-Seckau and has been sponsored by the Graz Department of Education and Integration as well as the Department of Sports of the city of Graz.

Sportsmanship requires a considerable amount of courage: courage to overcome one’s fears and prejudices; courage to get involved; courage to question one’s own perspective while at the same time advocating one’s own concerns and aspirations.

In our work as coaches, we learned that the strength of a team is closely connected to the good and respectful interaction of the players. Cooperation as well as the ability to handle diversity, various needs, disagreements, conflicts and aggression are essential for success in sports. The tips and exercises presented in this manual not only aim at training of acquiring social skills and promoting FairPlay, but also at ultimately improving athletic performance.

The authors

Niko Reinberg and Martin Viereg, Graz 2013

INTRODUCTION

Dear sports-lovers,

Sports generate emotions, sports live from emotions, sports are emotional. These facts apply to those active in sports as well as to the fans of sports. Unfortunately, the line between positive support of the home team and blatant disrespect of the opposing team is crossed far too often by soccer fans.

The fact that it doesn’t have to be that way is shown by many other sports outside the soccer world. However, perceived eight million Austrians are self-proclaimed experts on soccer, more than in any other sport! Activities and events concerning FairPlay in soccer training of children and young adults are an important and effective measure to counteract “unfair” tendencies in sports.

Furthermore it is important that coaches and teams in a joint effort promote the use of a fair language in soccer! The activities need to be wide-ranging and have to be effective beyond the playing field: Children and young adults often show a much higher level of fairness than the aggressive fans on the spectator stands. They need to be set limits- whenever necessary.

Kurt Hohensinner, MBA

City Councilor for Education, Integration and Sports

SOCCKER CONNECTS - SOME STATEMENTS

“Every game is fun - soccer is a game - and every game offers community. Nothing illustrates integration better than soccer and we do have fun together!

Born in Serbia and living in Austria integration has been an important issue in my life; I personally succeeded in being accepted and becoming an integral part of Austrian society through soccer and learning the language.”

Hans Strikovic, coach of the Styrian Soccer Federation

“Having courage in soccer is mostly needed in order to stay loyal to the principle of fairness, especially when subjected to a lot of expectations and a high level of pressure. In my active career as a professional soccer player I had the chance to play in the Champions-League several times. The matches in this elite league were among the fairest competitions of my whole career. Significantly, the best European teams are also the most culturally diversified teams. It was this realization that has inspired me to fully support the initiative of SIQ.”

Gilbert Prilasnig, youth coach SK Sturm Graz and team manager of the national team of the Homeless World Cup

“The key to the lasting success of a team can be found not only in the sporting field but also in the field of interpersonal relationships. Team spirit and solidarity among the players are very important no commabecause achievements can only be made if players work together as a team. The soccer club SK Rapid has a range of training exercises which aim at raising solidarity and facilitating team spirit in order to help young players to practice respectful interaction within the team.”

Peter Grechtshammer, sports director of the Rapid Vienna Academy

“The initiative FairPlay and the project SIQ Caritas have been working together for years in promoting equal participation of minorities in sports and in taking a stand against discrimination in sports. Further training for coaches and the support of sports clubs play an important role in achieving these goals and are practically presented in this manual!”

David Hudelist, Initiative FairPlay-VIDC

“Playing soccer is fun. Acts of discrimination turn fun into aggression and often result in unacceptable escalating situations. The Project “Soccer and Courage” (Fußball und Mut) aims at preventing that players, no matter their skin color or nationality, may lose their joy of playing soccer. The ultimate aim of this initiative is to ensure that anybody may enjoy this wonderful sport without being discriminated against. I would like to thank all who have been actively involved in this project for their courage and commitment!”

Bernd Kompass, youth coach FC Stattegg

“Soccer connects! Playing soccer is an opportunity to make new friends. Everybody should be allowed to take part, regardless of his/her first language, religion, skin color or country of origin. Due to several regretful incidents, concerning racism in junior soccer teams, the Graz Department of Sports, the organization Diocesan sports community-DSG and the Caritas project SIQ are cooperating closely in working with the affected sports clubs. The real cause of the problem lies outside of the playing field; the players themselves actually do get along and play the game with joy and enthusiasm. My appeal to the guardians, coaches and other officials would be to be a role model in every aspect for our youth and recommend the project ‘Soccer and Courage’ within your sports club in order to nip incipient problems in the bud.”

Franz Stradner, Styrian Junior Soccer Club- project manager of FAIR PLAY

DIVERSITY IN SPORTS CLUBS

TIPS ON HANDLING DIVERSITY IN SPORTS CLUBS

Diversity is an integral part of Austrian society: different habits, different experiences, different abilities, different opinions and different needs. It is not always easy to appropriately address all those differences. Anyone who has been working with a diverse group for an extended length of time is aware of this challenge. At the same time those who have been faced with such challenges also know how rewarding it can be to try something new and despite all the differences to come together in a spirit of mutual respect and work on common goals. We then recognize that what we have in common surmounts what divides us. Top coaches have long understood this and today work successfully all over the world with highly diverse teams with players of different personalities. When we allow fear, prejudice and distrust determine our communication, good relations, especially in sports, are bound to fail. Racism and other forms of marginalization, therefore, have no business on the playing field (or anywhere else for that matter). Sports are about good interplay, unity and the combined strength of a team. The following are some tips resulting from our work:

STRENGTH LIES IN DIVERSITY!

If a club succeeds in creating a culture of appreciation and mutual respect so that all members feel they are involved and belong, the club will be a strong club.

TALKING TO EACH OTHER- BUILDING THE TEAM TOGETHER!

In order to act as a true team, it takes clear and open communication between all active members of the club. New members joining a sports club need an orientation phase in order to integrate and get acquainted with the realities of the respective sports club. In order to fully and actively take part in the club, team members need to be given the chance to address their personal concerns and in this way help shape the club. This requires transparent communication and mutual understanding.

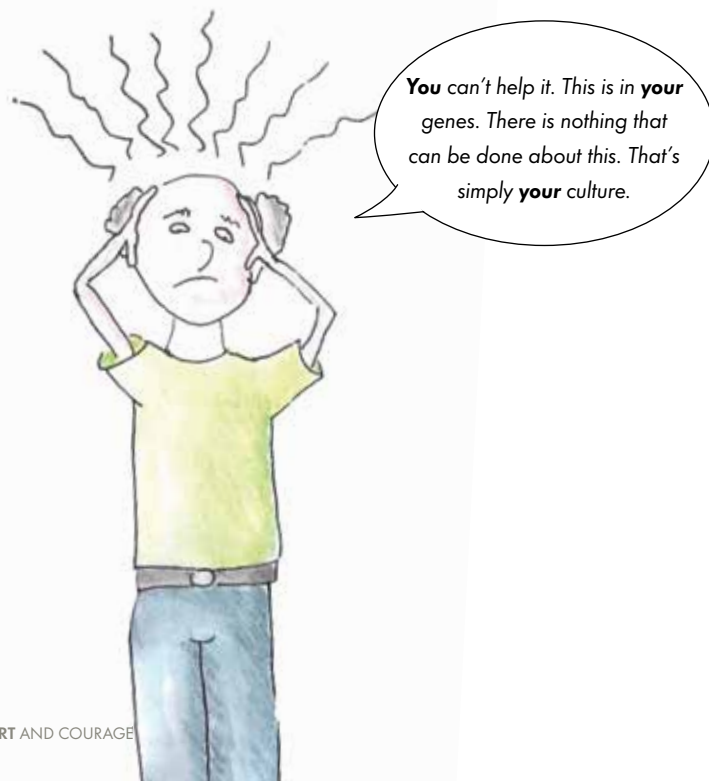


DIFFERENT NEEDS CALL FOR NEW STRUCTURES!

Ignoring diversity within a team does not facilitate team spirit. Only if diversity is acknowledged and utilized and all players feel accepted can they benefit by fully utilizing their respective talents and potential. This is a particular challenge for all involved. Taking into account different needs, capacities and skills will inevitably demand a considerable extra effort. Experience shows that this additional effort increases participation, strengthens the club and helps to improve team spirit.

YOU CAN MAKE THE CHANGE!

When problems between individuals arise, it is important to find out what is at the bottom of it all. If somebody is often late, reacts in an aggressive manner easily, or tends to verbally abuse other team members, the causes may vary but are usually manifold. Asking for the respective reasons and getting properly informed about the situation are first steps of problem resolution. Jumping into hasty conclusions or blaming the situation on a different cultural background are inappropriate and do not improve the situation. Statements such as: "You can't react differently because of your culture!" or "It is in your genes!" deny the person ability to change and the right to personal development. Such statements do not contribute to a solution but rather have the opposite effect. Naturally, it is important to demand compliant behavior within the team, but it is equally important to gain an understanding of the real causes of the misconduct in order to solve the problem and be prepared to effectively take action in any future challenge.



I CAN MAKE THE CHANGE!

What we see and the way we judge the world is filtered by the "cultural eye-glasses" created by our own culture. It is not easy, but can at the same time be extremely fascinating, to reflect on one's perspective and to try to see things from a different perspective. The ability of changing perspectives is given to us humans and the diversity in the sports clubs provides us with an opportunity to make use of it.





INSULTS & NUISANCE

TIPS ON HANDLING VERBAL ABUSE AND HARASSMENT

Time and again you will hear that “verbal abuse is common practice in soccer. This has always been the case and is sadly always likely to be so.” At the same time coaches complain about parents who make their teams unstable by loudly criticizing their own children and other team members and in this way bring them down. In addition, there are cases in which whole teams are being verbally attacked because of the (alleged) country of origin, skin color, sexual orientation, gender or appearance of individual players. Many young, talented athletes in this way lose their passion for sports and leave the team. The suggestions presented in this manual may help the clubs and teams to take action against verbal abuse and harassment of their players in order for the players not to lose their passion for the game because of such offensive insults. During a competition it is important for the players to focus their concentration on the match and to stay calm even in stressful situations.

This is why it is important beforehand to fully understand the objectives and implications of one’s actions and to find a suitable strategy to achieve the set goals by reacting appropriately to specific situations.

AIMS – WHAT IS MY AIM WHEN I REACT TO VERBAL ABUSE AND HARASSMENT? WHAT DO I WANT TO ACHIEVE?

- To let the insult fizzle out and in this way lessen the impact of the attack?
- To win the verbal match and ridicule my opponent?
- To express my anger and quiet the person and/or make the person leave?
- To draw attention to myself and to the situation at hand?
- To express solidarity with others?
- To question the insult and facilitate good communication at the same time?
- To express a different point of view or even initiate a change of attitude?
- To record the action and to threaten or initiate legal consequences¹ ?
- Etc.

¹ for instance to send a notice to the sports union or to the anti-discrimination department Styria (see supporting options at the end of the manual).



POSSIBLE STRATEGIES/ OPTIONS FOR ACTION

IGNORE AND STAY CALM

There is nothing more annoying for a person who tries to provoke somebody than being ignored by the other person who (apparently) is unaffected by the provocation and does not react. Especially during a match it is advisable for the players to refuse communication with the person launching the attack and wait for a suitable moment to react and to call the referee's attention to the insult.

ASK QUESTIONS

The one who asks questions leads the conversation and assumes the position of a leader. Questions are also a good method to draw others to be on one's side.



WHAT SUITS ME?

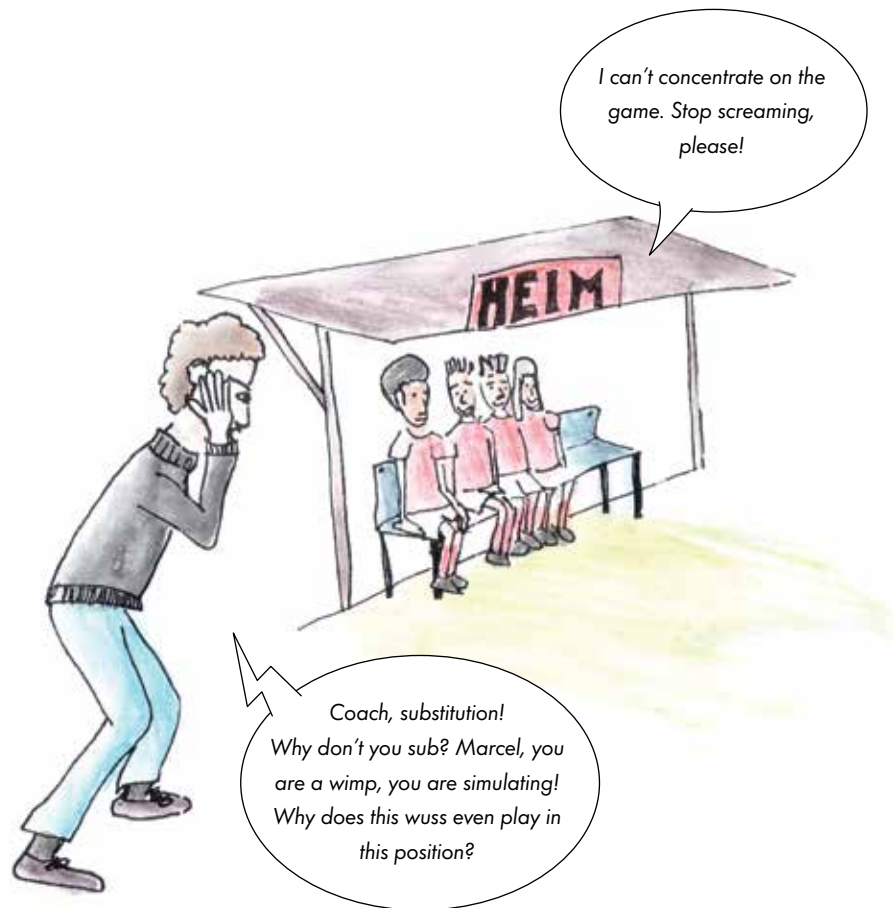
GIVE PARADOXICAL ANSWERS, USE IRONY AND HUMOR

The person who has the audience on his/her side is always stronger. Humor and irony will take the wind out of the opponent's sails. Mostly (but sadly not always), a funny answer has a deescalating effect on the situation.



SEND I-MESSAGES

By sending I-messages, you can be assertive without being directly aggressive or putting the listener on the defensive.



REPEAT, SUMMARIZE, AND EXAMINE THE NEEDS

By repeating and summarizing the statements of those who loudly express their discontent they feel that their concerns are being considered and that they are taken seriously. This is yet another strategy to deescalate a situation. However, it requires a lot of time and a high level of interpretation capacity.



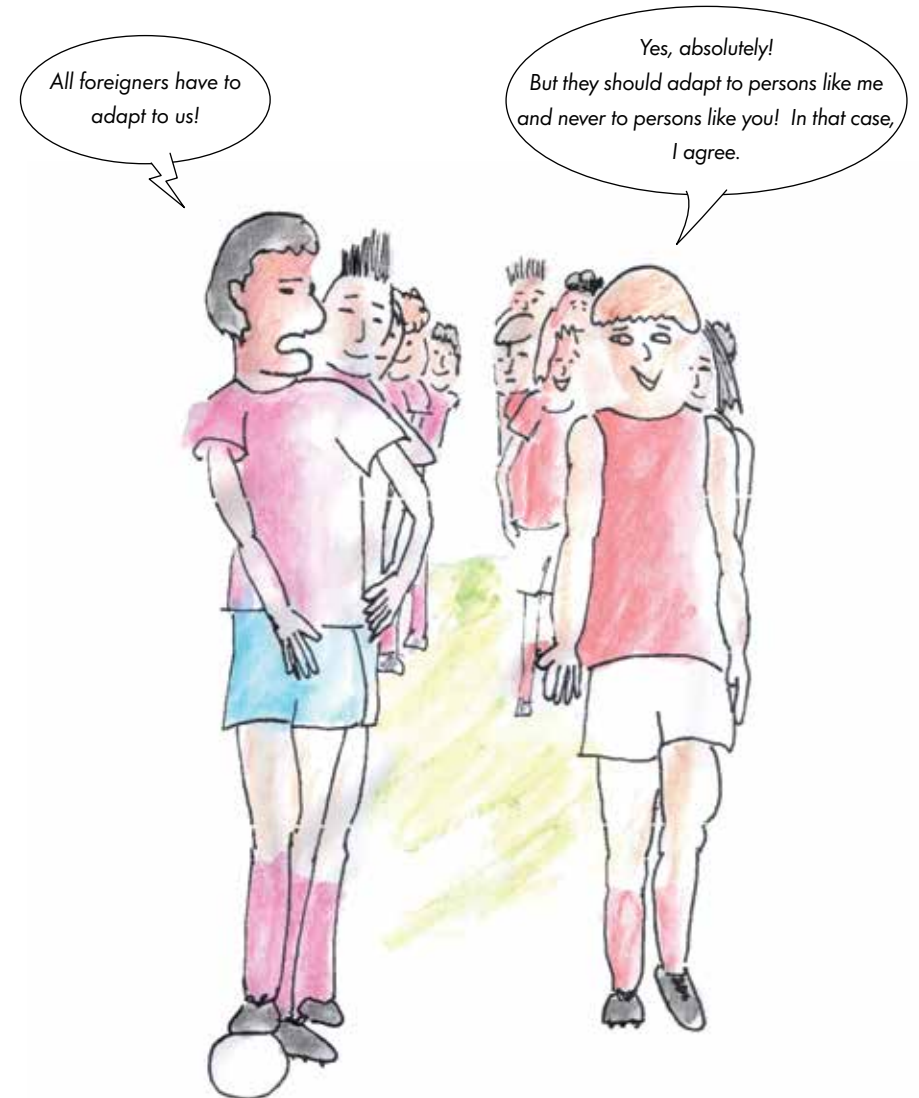
ANSWER SELF-CONFIDENTLY, RISE ABOVE THE SITUATION AND COUNTER WITH HUMOR

Instigators expect others to feel affected and get upset by their insults. What they do not expect is others to calmly bear the assault, then take it a step further and respond with a joke.



EXAGGERATE THE CONFIRMATION OF A STATEMENT

If a stupid statement is carried to extremes by confirming it in an exaggerated way, it may cause the person who made the statement in the first place to reflect.



PERFORM A VERBAL “THREE-STEP”

- address the problem
- express your personal dismay
- demand changes



STRENGTHEN THE VICTIMS

If somebody falls victim to a verbal attack during or after a match, everyone tends to concentrate on the person launching the attack. Sadly enough, those affected by the insult get little to no attention. The hurtful statement will be less painful if the victim is consoled by kind and encouraging words. Such positive attention may improve the situation by changing negative energy into positive, restoring tranquility and in this way enabling the player to react appropriately and focus once again on his/her optimum performance.

REPORT TO THE RESPECTIVE SPORTS CLUB AND/OR TAKE LEGAL ACTIONS

Racist (concerning country of origin, skin color, religion), homophobic (concerning homosexuality), or sexist (concerning gender) assaults during sport events should always be reported. It is important to accurately document the incident, in order to initiate consequences later, if necessary.

The different sport clubs mostly have internal regulations on how to take actions against discrimination. In such cases the Anti-Discrimination Office Styria may also be contacted (Tel: +43 / (0)316 / 714 137).



AGRESSION & ASSAULT

TIPS ON HANDLING AGGRESSION AND PHYSICAL ASSAULTS

The following strategies are tips on how to handle physical aggression. Often a small step will be enough to literally take the wind out of the sails of a provocation or a physical assault. The strategies presented in this chapter are meant to encourage coaches and players to try something new and find innovative ways to address critical situations (which often occur in fiercely competitive sports such as soccer, handball or ice hockey) in a creative, relaxed and smart way. Here again it is important to find a suitable strategy to achieve the set goals by reacting appropriately to specific situations.

AIMS – WHAT IS MY AIM WHEN I REACT TO AGGRESSION AND PHYSICAL ASSAULTS? WHAT DO I WANT TO ACHIEVE?

- To engage in a fight and in this way risk being banned from the sports club, have a criminal record based on assault and have my nose broken on top of it all?
- To try to calm the situation?
- To ensure my own safety?
- To get out of the situation?
- To distract the aggressive person?
- To draw attention to myself and to the situation I find myself in?
- To support the victims?



POSSIBLE STRATEGIES/ OPTIONS FOR ACTION

ASSESS THE RISK AND GET HELP!

It is important to have a clear understanding of the personal risk one is willing to take! Often it is more advisable to alert somebody and try to get help than to do nothing at all and be undecided whether or not to get personally involved.

STAY CALM!

Avoiding panic or hectic reactions helps to calm down the situation. Hasty movements may provoke a reflex-like response! A calm person comes up with more constructive ideas and has a calming influence on others!

GET ACTIVE- DO NOT ALLOW YOUR FEARS TO PARALYZE YOU!

Getting a small thing done is preferable to just thinking about achieving heroic deeds. If a person witnesses an act of violence, it is important to show one's readiness to intervene according to one's capabilities. A single step, a brief appeal, any reaction to it will change the situation and can motivate others to take a stand and to get involved.

RUN OR SIMPLY WALK AWAY!

Sometimes withdrawal or simply a quick step out of the danger zone is the best solution. A person who wants to vent his anger but hits an empty target has lost the battle already.

WHAT SUITS ME?

DO NOT BECOME A VICTIM!

If attacked, it is not advisable to act fearfully or show submissive behavior! Making one's presence felt and standing one's ground, means shaping the situation according to one's own pattern! Helpful methods to keeping attackers under control and to writing one's own script in an assault are to stay in contact with the aggressor, establish eye contact and keep up or initiate communication. If a victim shows any sign of fear or submission, the assailant feels strengthened and is more likely to carry out the attack.

TALK AND LISTEN!

Why not speak up and say the obvious? One should speak with a sense of inner security and be loud and clear at that. It also helps to listen to what the opponent/assailant has to say, as his answers and statements might provide clues about which steps he might take next.

SHOW RESPECT – DO NOT THREATEN OR INSULT!

Disdainful remarks addressed to the assailant will only lead to an escalation of the situation! Intimidation and threats challenge aggressive persons further. It is, therefore, advisable to criticize the assailant's behavior without using derogatory remarks on a personal level (by sending clear messages in a moderate tone).

GET HELP, LOOK FOR ASSISTANCE!

Addressing an anonymous crowd often brings disappointing results. Addressing people directly is recommended because personally asked bystanders will be more willing to help. By making the first step, the helper will usually encourage others to follow suit.

SHOW A SENSE OF HUMOR!

Every situation contains unintentionally comic elements which can be used in one's favor, if pointed out. The best way to achieve that is by deploying some acting skills. Humor helps to defuse a conflict situation by interrupting its escalating dynamic.

MAKE USE OF THE ELEMENT OF SURPRISE- PARADOXICAL INTERVENTIONS!

No one expects the opponent to have a sneezing attack when being attacked by an assailant. But even those less experienced in acting can come up with an unexpected behavior. Paradoxical interventions are about being creative and funny. In this way one can buy time and might even nip the aggression in the bud.

AVOID BODY CONTACT!

When coming to the aid of the victim of an attack, it is important not to touch the assailant, unless the helpers outnumber the assailant(s) and the group can immobilize the assailant(s). As a rule body contact is a transgression that can lead to further violence. It is easier to get in direct contact with the victim. down. Body contact crosses boundaries which can lead to further violence. If necessary, it is simpler to make direct

(Source: <http://www.rohanda.de/33.html>, edited and complemented by Niko Reinberg)



TRAINING METHODS AND PRACTICAL EXERCISES

The second part of the manual contains exercises on the topics cooperation, FairPlay, repartee and de-escalation. These exercises have been developed, tested and continuously revised in the frame of the project "Soccer and Courage" (Fußball und Mut). They can be used as individual activities in the frame of every-day sports training or can be made a complete training session focusing on "FairPlay and Courage."



EXERCISES ON TEAMBUILDING AND ATTENTIVENESS

STOP AND GO

Keywords: Attentiveness, arrival, warm-up, spatial perception, technical skills, change of pace, perception

Duration: 10-30 minutes | Age: 9+

Materials: one ball per person (the exercise works without the ball, too), optionally orange safety cones to mark the (smaller) playing field

INSTRUCTIONS:

All players are on a limited field (ca. 2-4 m² per person) and lead one ball criss-cross across the playing field. It is important that all players are distributed on the field evenly, in order to avoid grouping. Commands changes of pace must be followed by everyone.

“STOP” AND “GO”

After a short time of leading the ball across the field, the commands “stop!” and “go!” will be given by the trainer. As soon as the trainer gives the command “stop!” all players have to stop their ball and stand still. At this point, it will be clearly visible where on the field the players are positioned. At the command “go!” the game continues until followed by another “stop!” command. The objective is to maintain the even distribution on the field.

VARIATION: SILENT COMMANDS

From now on, a random player may signal “stop!” by stopping abruptly and standing still. The other players also stop moving as soon as they notice the silent command “stop!”. When all the players are standing still, the game can continue when again a random player starts to move again and in this way signals “go!” The better the team is coordinated, the harder it will be for an outsider to see who is giving the silent commands. At this point the team works as a unit.

VARIATION: INTRODUCING CHANGES OF PACE

Introduction of 3 speed levels: 1=maximum speed, 2=middle speed, 3=slow motion. The speed can vary from the outside or from the inside. Caution: it can be confusing!

FURTHER ADVANCED VARIATIONS:

In order to take attentiveness to an even higher level, all players, after a “stop!” signal have to stand still and close their eyes. The trainer will then ask them to give information on the position of other players or objects. “Where does Peter stand?”, “Where does somebody stand who is wearing blue socks?”, “Can you point in the direction of the church steeple?”, etc. When working with younger children, it can be helpful to work with a framework plot (story telling such as “Imagine, the field is the universe and all players are comets that move through space. Everyone has his/her own orbit and they should try not to clash, etc.”).



TRIANGLE

Keywords: Attentiveness, warm-up, spatial perception, change of pace, perception

Duration: 5-20 minutes | Age: 9+ | Number of players: 5-100

Material: one ball per person (the exercise works without the ball, too), optionally orange safety cones to mark the (smaller) playing field

INSTRUCTIONS:

All players take a random position on a limited field (ca. 2-4 m² per person).

In the course of the exercise, an independent system will develop, based on attentiveness and perception of space.

CHOOSING A PLAYER

All players are asked to silently choose one person.

INTRODUCING MOVEMENT

At a signal of the trainer, all players have to move while maintaining the same distance to the player they chose at all times.

CHOOSING A SECOND PLAYER

All players are asked to choose a second person (again, without saying who it is).

From this point on, all players have two "reference persons."

INTRODUCING MOVEMENT:

At a signal of the trainer, all players have to move while maintaining the same distance to the chosen players at all times. At this point, the independent system will emerge in forms of triangles.

"WHO WAS KEEPING THE SAME DISTANCE TO ME?"

"WHO WAS FOLLOWING ME?"

At the end of the game, the players should name the players who were "connected" to them in their triangle.

NOTE: This exercise requires a high level of attentiveness



SUMO-WRESTLING

Keywords: Balancing, sense of rhythm, self-awareness, self-control, standing one's ground, voice training, team spirit

Duration: 10 minutes | Age: 6+ | Number of players: 6-100

Materials: none

INSTRUCTIONS:

A "HEY-group" competes against a "HO-group" using their voices and walking like Sumo-wrestlers.

DIVIDE INTO TWO TEAMS

The team is divided into two teams: a "HEY-group" and a "HO-group." The members of each team stand shoulder to shoulder in a single file, facing the members of the opposing team who in turn stand shoulder to shoulder on their side of the playing field. The distance between the two teams should be roughly 8 meters/ 9 yards).

THE "HEY" GROUP STARTS WITH THE RIGHT FOOT

In the beginning, the two groups move towards each other in a sumo wrestling style, by bending down and collectively lifting one foot sideways and stamping it forward while at the same time shouting "HEY" or "HO" (depending on the group). When the teams meet, the game is over. The louder group wins. The coach decides about the victory and defeat. High-Five.

REVENGE AND REPETITIONS ARE POSSIBLE

After the last round, the accumulated energy should be channeled by shaking hands or giving "high-five."

TIPS:

The players will become charged with energy during this game. The energy level will increase with every round. The balance between the teams will ultimately determine the level of power produced.



RUNAWAY AND INTRUDER

Keywords: cooperation, strength, strategy, cohesion

Duration: 15-45 minutes | Age: 6+ | Number of players: 7-13

Materials: none

INSTRUCTIONS:

An intruder and a runaway have to break through a circle formed by the players.

FORMING A STRONG CIRCLE

Two volunteers are appointed runaway and intruder. The runaway stays in the center of the circle formed by the remaining players while the intruder is positioned outside the circle.

BREAKING IN- BREAKING OUT

The runaway who is inside the circle has to try to break free and get out of the circle. The intruder is tasked to break into the circle. The game is over as soon as both have managed to fulfill their tasks. At this point both runaway and intruder will join the circle while two other volunteers take up their positions and tasks. At the end of the game each player should have at least once been an intruder or a runaway.

Rules on how to break into or out of the circle should be defined before the game starts and should be adjusted to the respective age of the players.



NETWORKING

Keywords: : Balancing, attentiveness, ball technique, coordination, concentration, passing, timing, keeping an overview

Duration: 20 minutes | Age: 11+ | Number of players: 5-24

Materials: 4-5 balls, optionally orange safety cones

INSTRUCTIONS:

The team forms a circle. The players pass first one, then two, then three balls within the circle in the same passing sequence.

DEFINING THE PASSING SEQUENCE

At the beginning of the game a clear sequence of passes will be set which will be maintained throughout the entire time of the exercise (player A passes to player B, player B to player C, and so on. The last player in the sequence has to pass the ball back to player A who then starts the sequence once more). Before starting the second round, the following tip should be considered: It helps if the players keep in mind who passed the ball to them.

VARIATION: PLAYING THE GAME WITH MORE THAN ONE BALL

After two rounds, the coach may put a second ball into the circle, after the third round, a third ball, after the fourth round a fourth ball and so on. Tip: Set the rule that players have to establish eye contact before they can pass the ball. If necessary, the player passing the ball can call the name of the recipient to catch his/her attention and to ensure that the ball is being passed correctly. The game is successful when the ball is passed in the correct order and directly from one player to the next.

VARIATION: INTRODUCING MOVEMENT

The aim is now to perform a passing game while all players are moving randomly, running criss-cross on (a small) field. Here again the exercise can start with one ball in the game to which several more balls are added in stages.

MORE VARIATIONS FOR THE CIRCLE

One ball is thrown by hand and the other is kicked by foot. With very experienced groups, one of the balls (for instance a ball of a different color) can even be passed in the opposite direction, adding a challenge.



THE GORDIAN KNOT

Keywords: cohesion, coordination, consideration, strategy

Duration: 15 minutes | Age:6+ | Number of players: 5-30

Materials: none, if needed arm-extensions like poles or ropes

INSTRUCTIONS:

The team is tasked to untangle a Gordian Knot made of their connected hands without letting go.

TYING THE KNOT- STARTING CIRCLE

The players stand in a circle and look at the floor, then close their eyes and reach out by stretching their arms towards the center of the circle. Collectively they take small steps forward until their hands touch the hands of another player. Without opening their eyes they grasp hold of any two hands they can find. They should not let go of the hands. Only when all players are holding hands are they allowed to open their eyes.

UNTANGLING THE KNOT

The next step is to try to untangle the Gordian Knot without letting go of the hands. The untangling requires cooperation and communication among the players in order to work.

TIPS: Players should take care that the hands match in the sense that no hand holds more than one hand. They should also make sure that they hold the hands of two different players and not those of the same player. When the knot is successfully untangled the following questions may be asked: "What did it take in order for us to successfully complete the task? What is important so we can work and be strong as a team?"





BALANCING (Exercise)

Keywords: balancing, cooperation, attentiveness, strength, being responsive to other team players, achieving optimum performance

Duration: 10-30 minutes | Age: 6+ | Numbers of players: 2-100
Materias: none

INSTRUCTIONS:

the exercise "Balancing" examines the maximum pushing power ("Push") and pulling power ("Pull") between any two team players. This exercise is not about winning or losing, but about one's response to a partner and the experience of applying and balancing one's muscular strength.

WORKING IN PAIRS

The team is asked to split into pairs, with the pair standing opposite and facing each other while placing one's hands on the partner's shoulders.

"PUSH"

At a signal the partners start pushing each other at the shoulders applying their full strength with the aim of forcing the partner to move backward. As soon as one partner notices that the other is getting weaker, the pushing pressure should be reduced

to maintain balance. If the partner pushes more strongly the pushing pressure has to be increased to maintain the pressure. Changing partners can be helpful as the team players can get to know their individual strength levels.

SOME VARIATIONS:

- using different parts of the body such as shoulder to shoulder, buttock to buttock, back to back, foot to foot, etc.
- "mixing" different body parts such as shoulder to forehead, elbow to knee, etc.
- Strongest and/or weakest body parts are playing the pushing game.

"PULL"

The team is asked once again to form pairs with each pair standing opposite and facing each other (toes touching) while holding each other at the wrists of both arms. Slowly they start leaning back as far as possible, while their legs are stretched. When the maximum tension is reached, each pair slowly kneels, touches the ground with their buttocks and then gets back up while keeping the balance.

SOME VARIATIONS:

- The same exercise in a group of four. Important: Players need to stand with their feet at shoulder distance.
- The same exercise with half the group (see pictures)
- Finally the same exercise with the entire group (see pictures)

TIP:

On completion of the exercise the following question may be asked: "What does this exercise have to do with team sport?"

Source: Boal, Augusto: Theater der Unterdrückten – Übungen und Spiele für Schauspieler und Nicht-Schauspieler, Suhrkamp-Verlag: Frankfurt 1979





EXERCISES ON DE-ESCALATION AND HANDLING VERBAL ABUSE

IMPULSE CLIPS: INTERVENTION IN CONFLICT SITUATIONS

Keywords: Preparation, introductory training exercise, food for thought, video analysis, dealing with aggression in professional sports

Duration: 5-10 minutes | Age: 11+

Materials: aptop, internet access, optional monitor and speakers

INSTRUCTIONS:

The aim of this exercise is to analyse authentic escalation and de-escalation scenarios in professional sports with multimedia support. Following the analysis, a collection of de-escalation strategies on the basis of teams' experiences is discussed.

VIDEO ANALYSIS

The team watches two conflict scenes which occurred during international soccer matches. While in the first clip the conflict escalated, de-escalation was successfully practiced in the second clip. The clips are watched at the beginning of the training session in the changing rooms or the club house.

■ Ibrahimović – van Bommel

<http://www.youtube.com/watch?v=cvjmg-jHk4&feature=related>

■ Zidane – Materazzi

<http://www.youtube.com/watch?v=gZlOm3nOCt8>

REFLECTION OF THE VIDEO CLIPS

The following questions may be useful in reflecting on the conflict situations presented in the video clips:

- What went wrong/right in this situation?
- In which way could the players have reacted differently?
- Which impact did the scenes have on the match?
- Which experiences in conflict escalation/de-escalation did you have in the league's matches?

TIP: The aim here is to show the youth new strategies about handling assaults. The aim of this practice is not to condemn wrong behaviour, even though sometimes it might be necessary. It is new perspectives and courses of action that are the priority.



THE INSANE

Keywords: Attentiveness, de-escalation, concentration, stress resistance

Duration: 20-30 minutes | Age: 11+

Materials: 1 ball, team dresses for one team, 2 trainers who conduct the exercise.

INSTRUCTIONS:

This can be a follow-up exercise of the impulse clips analysis. This exercise requires a high amount of trust between the team and the trainer. In the course of a regular training session, players will be intentionally provoked and assaulted.

GETTING STARTED

The players are divided into two teams. The two persons in charge of the training session explain that they will play the roles of a provoker (the insane) and of a referee. The teams are made aware of the fact that the arrangement is only temporary. During the following match the teams are challenged to react to provocations and to aggressive team players and to apply suitable strategies. One of the trainers acts as "the insane player" of one team, while the other takes on the role of the referee.

WHO IS WILLING TO BE PROVOKED?

Before the game starts it is important to find volunteers by asking the players who is willing to be provoked. Many young adults will feel uncomfortable being provoked by an adult. Voluntariness is an important principle in this context.

THE DIFFERENT TASKS OF THE TEAMS

The players on the team with "the insane" get the task of de-escalating the provoked conflict situation by getting their own placer ("the insane") out of escalating situations as fast as possible, in order for him/her not to get the red card. Those of the second team, who are provoked by "the insane," are asked to react in a way that the provoking efforts will be in vain, that the game will not be disrupted and can continue. Not an easy task at all!

STARTING THE MATCH- INCLUDING PROVOCATIONS

The match starts and the trainer in the role of "the insane" actively participates in the game. During time-outs "the insane" actively provokes, acts aggressively and insults or pushes other players.

CONCENTRATING ON THE MATCH IN SPITE OF POTENTIAL ESCALATIONS

The players are challenged to concentrate on the game, to not let themselves be distracted and to retain the overview of what is going on. The winners are those who keep playing and who if necessary systematically and effectively uses de-escalating strategies. Different strategies may be applied (see Tips on handling aggression and physical assaults).

WORKING VARIATIONS INTO THE GAME

Taking a short break after each provocation is a possible variation in which the reaction to the provocation can be addressed. Another variation would be to give direct feedback to the person who was provoked on his/her reaction. It is important not to let the exercise get out of hand and to state clearly that only one person, namely the trainer, is allowed to play the role of "the insane" in this exercise.

STEPPING OUT OF THE ROLE!

At the end of the game it is important to state clearly that the trainer is not playing the role of the "insane" any longer. As a conclusion of the exercise, feedback on the reactions to the provocations can be given by the group. A regular game should follow this demanding exercise



REPAREE TRAINING

Keywords: Introducing self-assertion and repartee strategies, rebuffing provocations, maintaining composure, de-escalation

Duration: 20-30 minutes | Age: 13+

Materials: 1 ball, team dresses, optionally materials for marking a path

INSTRUCTIONS:

Individual players of the team may volunteer to playfully react to common verbal abuse in a staged and, therefore, protected setting. Players can observe their team mates' strategies in dealing with insults.

COLLECTING A LIST OF INSULTS

At the beginning of the exercise the players are asked which verbal abuse they are confronted with during competitions and in everyday life. The examples are written down in a list which will be used later in the exercise.

WHAT DOES A PERSON WANT TO ACHIEVE BY INSULTING SOMEBODY?

The trainers ask the team what they think a person who insults someone wants to achieve and how the players would react to insults if they tried not to let the provoker achieve his goal? At this point different, known coping and repartee strategies are collected of which the team can be reminded in the course of the exercise.

START OF THE REPAREE TRAINING SESSION

After a regular training session the actual exercise begins. Volunteers among the team try to react to verbal abuse thrown at them from the sidelines of the playing field (by a trainer) in different ways and to find out which of their reactions they like best.

COMMON FEEDBACK DISCUSSION

At the end of the exercise after the players had a chance to participate in the exercise and watch other players' reactions, some of the following questions may be asked in a common feedback discussion: How was the exercise for me? Which of the repartee strategies worked well for me? Which strategies would be suitable during a match?

At the end of the feedback session and in addition to their own strategies the repartee strategies introduced in this manual can be discussed with the team players.

NOTE: This exercise is highly challenging for the team and requires a high level of trust between the team and the coach. That is why it is important to ask for volunteers and pay attention to the reactions of the players as well as allowing enough time for the feedback session.

RECOMMENDED LITERATURE

Bärsch, Tim: 125 Übungen zur Gewaltprävention. Das Praxisbuch für Anti-Gewalt- und Deeskalationstrainings, BoD: Norderstedt 2011.

Boal, Augusto: Theater der Unterdrückten – Übungen und Spiele für Schauspieler und Nicht-Schauspieler, Suhrkamp-Verlag: Frankfurt 1979.

Bischof, Karin / Schindlauer, Dieter, 2010: Z'ruckred'n – Handbuch zur Argumentation gegen vorurteilsbehaftete Parolen (PDF). Download: [HYPERLINK „http://www.sinnfabrik.at/wp-content/uploads/zruckredn_Argumentationshandbuch.pdf“](http://www.sinnfabrik.at/wp-content/uploads/zruckredn_Argumentationshandbuch.pdf)http://www.sinnfabrik.at/wp-content/uploads/zruckredn_Argumentationshandbuch.pdf

Hufer, Klaus-Peter: Argumentationstraining gegen Stammtischparolen. Materialien und Anleitungen für Bildungsarbeit und Selbstlernen, Wochenschau-Verlag: Schwalbach/Taunus 1999.

SUPPORT FOR PARENTS, SPORTS CLUBS AND THOSE ACTIVE IN SPORT

SERVICE CENTRE FAIRPLAY-VIDC. DIFFERENT COLOURS. ONE GAME.

FairPlay is a service centre at the Vienna Institute for International Dialogue and Cooperation (VIDC) focusing on sports and diversity. As an interface for mediation work and networking activities as well as for emancipatory and participatory initiatives, FairPlay acts as the contact point, information centre and centre of excellence in the matter of (anti-)discrimination and diversity in soccer. FairPlay aims at tackling discrimination by using the integrative power of soccer. The service centre also serves as a tool to monitor and document racist incidents in the football context. Reports on racism are documented and forwarded to the responsible authorities (Austrian Bundesliga Austrian Football Association (ÖFB), UEFA, clubs, etc.). The range of services can be utilized by clubs, schools, youth centres, NGOs, human rights organizations and individuals for free.

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CARITAS SIQ!

The project “Sports-Integration-Qualifikation” (SIQ) aims at fully using the great socio-integrative potential of sports (from easy-access recreational activities, to sports clubs, all the way to professional competitive sports) and in this way increasing the range of offers in the field of integration by the valuable element of sports.

At request we can provide consulting experts and workshop instructors to sports clubs and organizations.

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<http://www.caritas-steiermark.at/hilfe-einrichtungen/interkultur-sport/siq-sport-integration-qualifikation/>

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VIDEO CLIPS: INTERVENTIONS IN CONFLICT SITUATIONS

COURAGE-TRAINING

<http://www.youtube.com/watch?v=3lrjr6ouHNM>

STAR WARS – CIVIL COURAGE:

http://www.youtube.com/watch?v=j_4Z3xvXa68

DE-ESCALATION OF VIOLENCE

<http://www.youtube.com/watch?v=fxhYfljIUY>

INTERVENE!

<http://www.youtube.com/watch?v=R05JkwPGGNk>

CIVIL COURAGE CLIP FROM UPPER AUSTRIA

<http://www.youtube.com/watch?v=fbVWiFyHJ3o>

CIVIL COURAGE? THIS IS HOW IT IS DONE!

<http://www.youtube.com/watch?v=yTaru5lcalA&feature=related>

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SPECIAL THANKS TO:

We would like to give special thanks to Florian Schrank and Markus Adler who assisted and supported us as interns, co-trainers and by giving us their feedback. In this way they actively contributed to the initiative “Soccer and Courage” in its first year.

