



Coaches Across Continents

Peace Day, 21 September *Football Resource Packet*

In support of the

One Day One Goal Initiative

Peace One Day's objective is to institutionalize Peace Day, 21 September, making it a day that is self-sustaining, an annual day of global unity, a day of intercultural cooperation on a scale that humanity has never known.

One Day One Goal is a football/soccer initiative launched by Peace One Day in 2008 to raise awareness of Peace Day and to unify people on the day through a shared love of the sport. This year, together with Coaches Across Continents, we encourage your organization to play the football activities in this resource in the build-up to Peace Day, culminating in a One Day One Goal tournament on 21 September.





Why Is It Important: Since 2008, thousands of One Day One Goal matches have been played in each of the 193 UN member states to mark Peace Day. Using the power of football to bring people together in peace, this resource will enable you to integrate conflict prevention skills into your football practice.



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Illustration Key

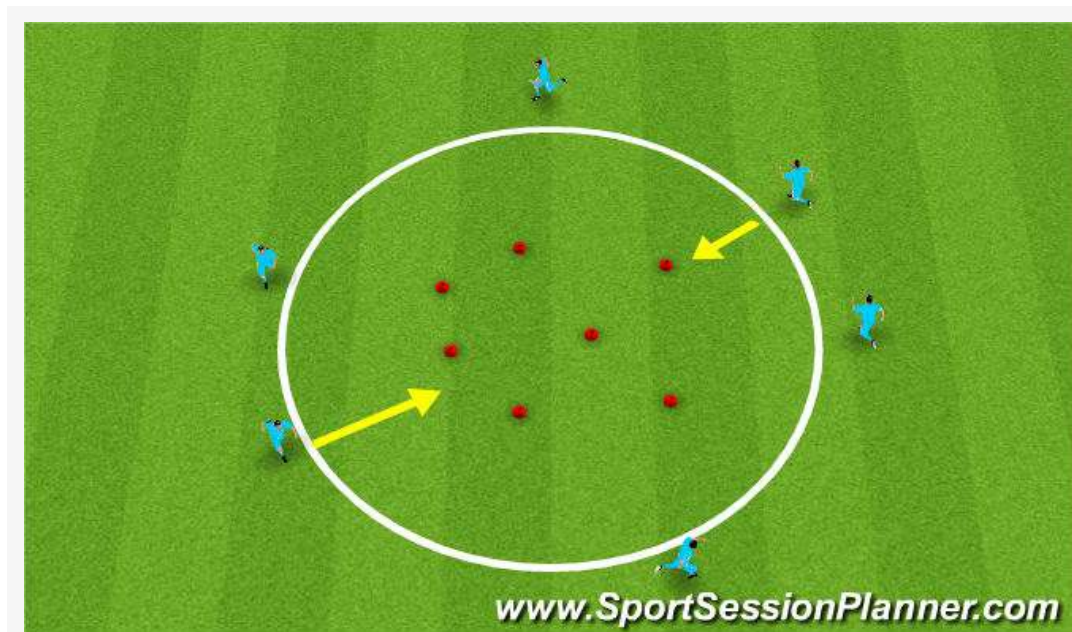
Symbol	Meaning
Blue Arrow 	Dribble
Yellow Arrow 	Running
Dotted Arrow 	Pass
Red Arrow 	Custom Movement

Directions on Using This Packet

We encourage all coaches, teams and organizations to begin playing these games as soon as possible to integrate peace building and conflict prevention skills into your practices. Use these games as a build up to Peace Day and your One Day One Goal event on 21 September. See page 12 on how to send your photos, videos, and stories for publication!

Spaces for Peace™

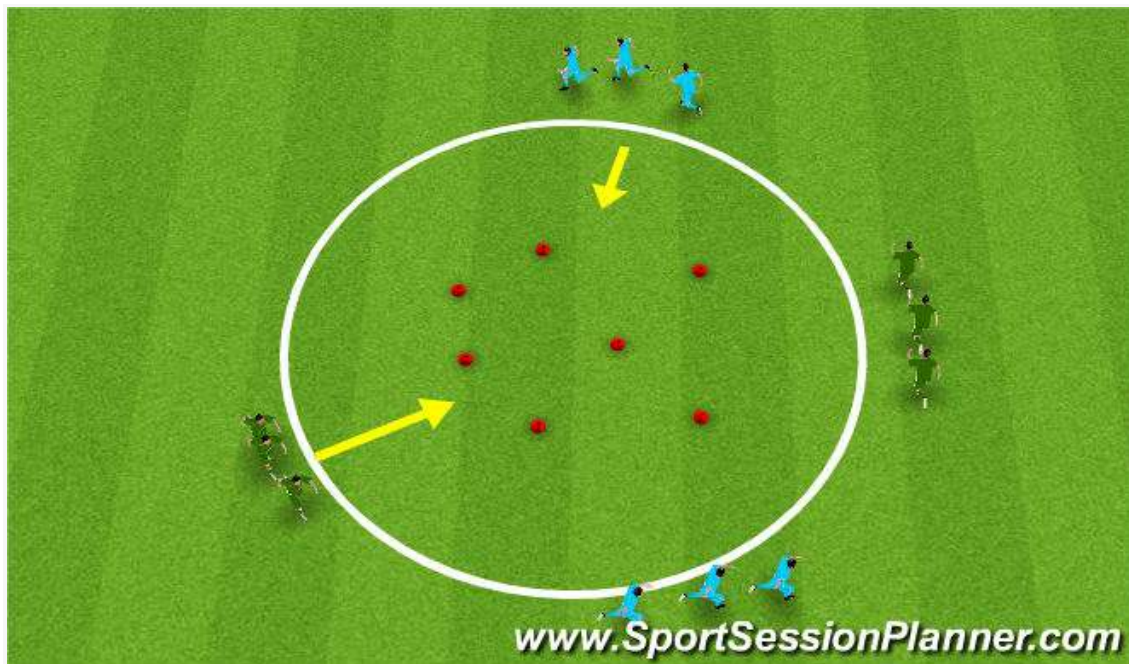
Spaces for Peace - Individuals™



Theme: Different places where we can be safe from violence and conflict, or aspects of life that can help us move towards peaceful societies.

Organization: Players run around a circle. Coach asks the participants: where do you feel safe from violence and conflict? With each new aspect of someone's life, the coach assigns a movement. For example, 'education' is jogging clockwise, 'sports' is skipping anti-clockwise, 'community organization' is jumping, 'communication' is high knees, etc. Start with only 3 movements and explain that when "Peace!" is called out the players have to run to the middle and stand by a cone. The players without a cone can do a dance (make sure not to only leave one player out if you include this).

Spaces for Peace - Teams™



Organization: Next, players run in teams. When “Peace!” is called out, the entire team has to stand by one cone. The last team by a cone can do a dance.

Variation: Can also have players or team stand in pairs; with one on the inside standing, the other on the outside running. To avoid leaving some players without cones you can have them find cones by certain categories such as shirt colors, favorite team etc.

Length of Game: 15-30 minutes

Learning: Players think about peace and where in their lives they feel safe or part of a solution. What are the obstacles to peace? What can you and your community do to make sure peace is a priority? Are there any places or aspects of your life where any type(s) of violence are present? Is there anything you can do about it?

Skills for Peace™



Theme: Voice, confidence, football skills (passing and receiving).

Organization: Some players are inside the circle without a ball and the rest form the circle, some with a ball some without. The players in the middle start inside and run towards someone with a ball (1). After calling for the ball (“BALL”/“PASS”) the player receives it (2) and plays it to someone without a ball (3). Always return to the middle after receiving and playing a ball (4). Switch the players from the outside with those in the inside working (20-30 seconds each). Remind players that they can only receive the ball if they call for it. Start simple with “Ball”, then “Peace!”, then have them think of obstacles to peace (i.e. violence or discrimination), then have them come up with solutions (i.e. justice, love or dialogue). Encourage them to think of different obstacles and different solutions.

Variations: Use hands only to make it simpler/adapt to other sports. Challenge the players with taking the ball out of the air with different body parts (head, chest, thigh). If you have enough balls you can also work on quick one-touch passes (different parts of the foot on the ground, in the air, or headers).

Length of Game: 15-30 minutes

Learning: Effective and clear communication with teammates. Have the players identify the problems preventing peace from their own perspectives, and then always end with positive ideas for peaceful strategies.

Teamwork for Peace™



Theme: Conflict prevention, skills, problem solving, and strategy.

Organization: Relay race. Players run to the cone, they have to go around the cone and then back to their line. Then the next player goes.

Variation: Players must dribble in a certain way before getting to the cone (e.g. inside of the foot), players must do a skill at the cone as if it were a defender or players must turn with the ball before or after the cone. Players have to go in groups of two or threes; they have to hold the ball with their hands, with their heads, with their backs etc.

Teamwork for Peace™ - Choose Different Line



Organization: Players now have to go to a different line. They choose where they should go. Can still have the rule that they first have to dribble around the cone.

Teamwork for Peace™ - 2 (or more) Balls at Once



Variation: To create more confusion, can have two or more balls going at once for each team.

Length of game: 15-30 minutes

Learning: Making choices when faced with a challenge. Critical thinking skills, technical skills, conflict prevention. Players might figure out a strategy to avoid collisions. Pose problems and allow the players to solve them on their own, finding various creative solutions to the same problem. Teamwork on the field to prevent and solve conflict may lead to similar behaviors when building peaceful societies.

Players for Peace™



Theme: The power of peace.

Organization: Game of football. Each team has some defenders and some forwards (numbers depend on size of teams) who have to stay in their team's defending or attacking zone. One player on each team is a "Peace Player" and is free to go anywhere.

Variation: Give the free player a cone. The free player can only be free for 20 seconds and then has to give the cone to another one of their teammates. Players are the ones who make the decisions (not the coach).

Length of game: 15-30 minutes

Learning: Ask the players how it felt to be the "Peace Player". What do they think it means to be a "Peace Player" in life? What do they think they can do to unite people in their community like they did in the game? How might they encourage others in their community to become "Peace Players"?

Fun for Peace™

Fun for Peace™

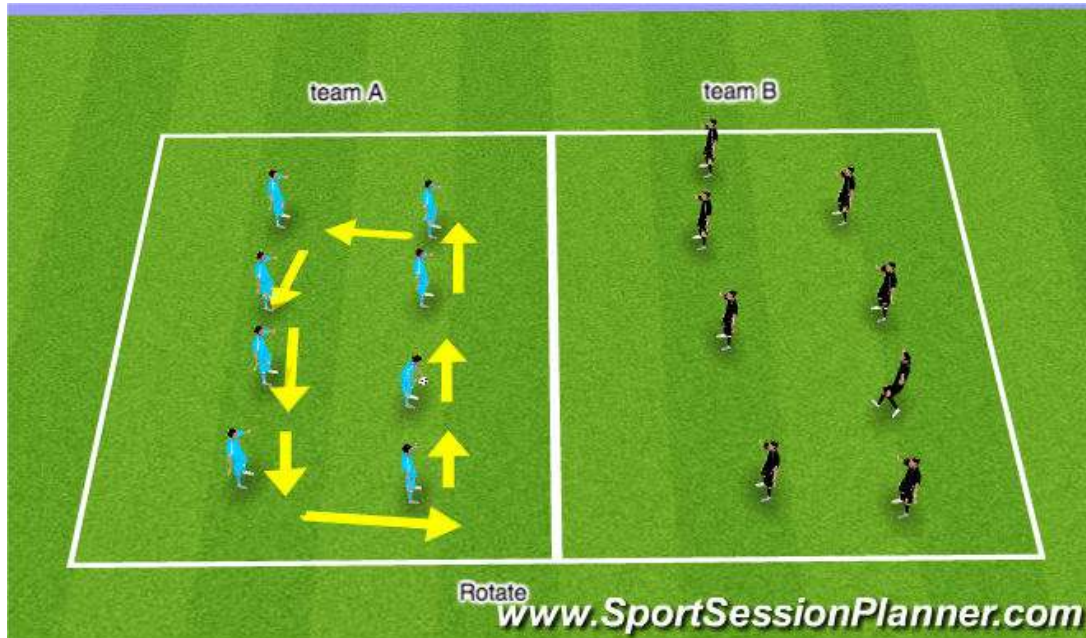


Theme: Equality in decision-making and leadership positions

Organization: Teams of 8: 4 in the front, 4 in the back. Ball-tennis. Change the rules depending on the level of players: can use hand, head, feet, thighs etc. 2 bounces allowed to start. Unlimited touches, 3 touches, 1 touch. Unlimited passes, 3 passes maximum, etc.

Player from team A throws the ball to team B's side. Player on team B can either catch it with their hands or head/volley it to their teammate. Players are allowed to catch the ball with their hands but they have to pass the ball with their feet or head (so a player can throw the ball to him or herself to then volley/head it).

Peace for Fun™



Organization: After every minute or after every point, players rotate positions so that everyone gets a chance to play in every position, i.e. in every decision-making and leadership role.

Length of game: 15-30 minutes

Learning: Equal responsibilities for greater peace. Cooperation is important for a team/community and everyone should have a chance to give their input in decision-making. What is preventing equality in leadership positions in your community? What needs to change in order to create more opportunities for anybody to be a leader regardless of their differences (i.e. gender, ethnicity, abilities) from the traditional idea of a leader?



Publish Your Photos, Videos, and Stories

We would love to hear about your experience coaching with these football activities. We also would be delighted to publish your One Day One Goal photos and videos on both the Coaches Across Continents and Peace One Day social media sites.

Please send any footage, stories, or queries to Charlie Crawford:

charlie@coachesacrosscontinents.org

Follow the One Day One Goal Stories

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Coaches Across Continents is the global leader in providing year-round educational consultancy and mentorship to create social impact through sport. We design, develop, and implement 'Education Outside the Classroom' programs and partnerships with national and local governments, corporations, communities, and NGOs; empowering them to question harmful traditional, religious, and cultural practices; choose their own futures; and create pathways for change.

For more information on either organization please visit:

Coaches Across Continents

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Peace One Day & One Day One Goal

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