

UEFA

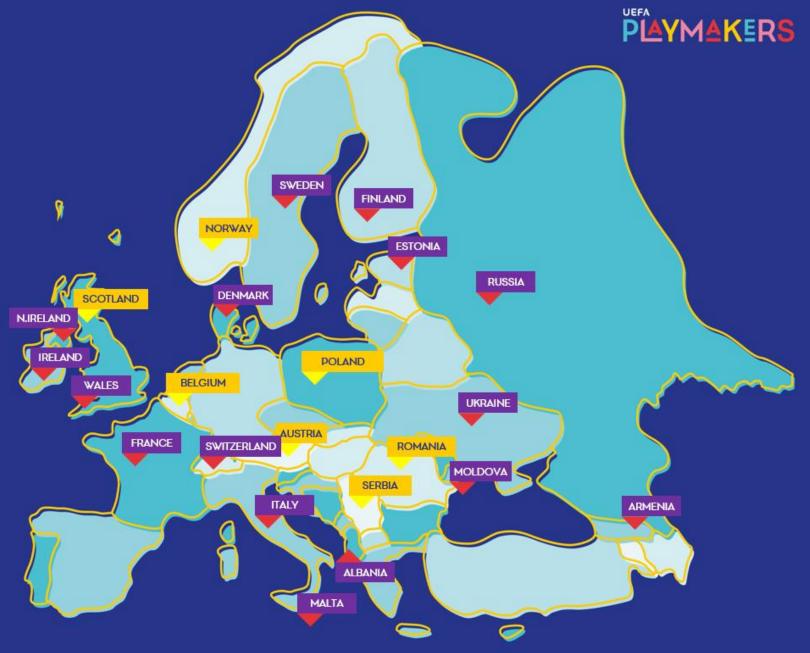
PAKERS MAKERS

Inspired by



Deltagande länder:
Gult: pilot länder 2020







- Nytt koncept och samarbete mellan Uefa och Disney
- Flickor 5-8 år
- Storytelling (Frost 2 och Superhjältarna 2)
- Safeguaring (barnkonventionen)
- Mål att nå fler tjejer att börja spela fotboll





Upplägg 2021:

- 30 center i Sverige
- 30 barn/ 1 instruktör på 10st
- Kvinnliga instruktörer

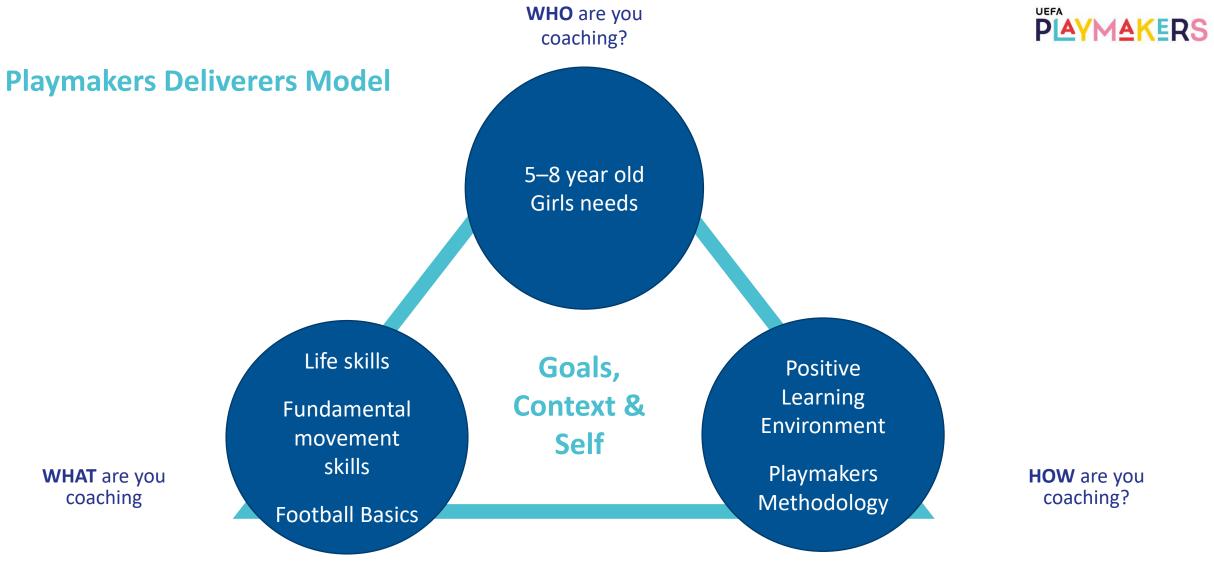




Vad får föreningen:

- Bollar, konor (små och stora), västar, 2 stycken små mål
- 2 dagars utbildning
- Handledning





1 The Playmakers Coach Model is based on the Coach Decision-Making model developed by Dr Andy Abraham and colleagues (Abraham et al., 2015)

COMMAND	ACTION
Mr Incredible (Bob Parr)	Shoulder-barge through one side of the drill and straight out the other.
Elastigirl (Helen Parr)	Freeze on the spot – balance on one leg and see if you can stretch to hold hands with another person.
Dash	Accelerate from car to car.
Violet	Get into pairs: No1 chases No2 to tag them. Once tagged, No2 is stuck inside a force field: they should count to 3 then chase after No1.
Jack-Jack	Get a ball (Jack-Jack) from one goal and place it in a different goal (Jack- Jack's Pram), using hands or feet.

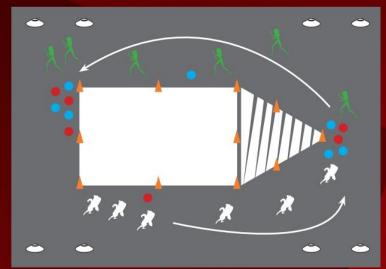
THE ADVENTURE

The drill was getting closer and closer to City Hall, and it wasn't slowing down! Bridges were breaking, cars were smashing, and buildings were falling down. Suddenly, Frozone (Lucius Best) appeared to help. His superpower is being able to freeze things and he helped The Incredibles stop the giant drill. He moved quickly around the drill freezing everything in its path - so today we are going to do the same with our drill.

WHEN I SAY SUPER, YOU SAY [POWER]. SUPER [POWER] SUPER [POWER] SUPER [POWER]

INSTRUCTIONS

- Children split themsleves into two teams.
- Team 1 tries to freeze the drill by picking up cones and bringing them to the front of the drill.
- Team 2 tries to unfreeze the drill by picking up cones from 3. the front of the drill and taking them to the back.
- 4. AIM: Can Team 1 get all the cones around the front of the drill to stop it moving?
- Teams play for 45 seconds then swap roles. 5.



Key









PROGRESSIONS

Switch the cones for balls:

- Children can use their hands or feet to move the balls to the front or back of the drill depending on their role.
- · Children repeat the game, using feet only.







VIDEO 1: Playmakers Trailer









	Timeline											
Education	January	Fabruary	March	April	May	June	July	August	September	October	November	December
E1 (10)		eparation of the cation	Education1: Day 1 week 10 (13/14 of March). Day 2 week 12 (27/28 of March).	Mentorship during week 14 and 15	Beginning o the first groups of centers.	Upfollowing on the first centers.						
E2 (10)	Education2: Day 1 week 18 (8/9 of May). Day 2 week 20 (22/23 of March). Beginning of the second centers. Upfollowing on the second groups of centers.											
E3 (10)					Mentorship durin	g week 21 and 22			Education3: Day 1 week 35 (4/5 of September). Day 2 week 37 (18/19 of September) Mentorship during week 38 and 39	Beginning of the third groups of centers	Upfollowing on the third groups of centers.	



Nästa steg?

- Hitta ledare
- Bestämma när, var och hur?
- Utbildning i mars
- Startdatum



