Youth Development through Football (YDF) is a project dedicated to educate disadvantaged youths in ten African countries.

It is implemented by the 'Deutsche Gesellschaft für Internationale Zusammenarbeit' (GIZ) in partnership with the Department of Sport and Recreation South Africa (SRSA).

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LESSON 1

Introduction to Disability Inclusive Football
In this lesson we introduce disability inclusive football as opposed to football for people with disabilities, we ask why people with disabilities play football and why coaches coach community football. We look at the benefits of people with disabilities playing football. We explore what disability inclusive football is, how it is planned and how it can be implemented.
LESSON 2

Understanding Own Perceptions of Disability
In this lesson we explore our own understanding and perceptions of disability, consider the social model of disability, learn about the rights of people with disabilities including the right to participate in recreation, leisure and sport, and explore barriers to participation and how to overcome them.
LESSON 3

How to Include People with Disabilities in Football Activities
In this lesson we learn through the “inclusion spectrum” different practical approaches to providing inclusive football and how we can use the “TREE framework” to create inclusive environments for youth, with and without a disability, to participate in football sessions.
LESSON 4

Practical Sessions 1
Dribbling / Dummying / Turning
In this lesson we learn how to deliver inclusive football sessions aimed at developing the football skills of dribbling, dummying and turning. Two football sessions aimed at developing these skills are presented. The coach / teacher is asked to consider what adaptations they can make to these sessions in order be inclusive of players with different disabilities.

Introduction

Coach / teachers are asked to consider the football activities shown in this lesson which comprise the warm-up, main part and conclusion of a football session developing the skills of dribbling, dummying and turning. The sessions shown do not contain any adaptations to make the activity inclusive of players with a disability, but ideas on how to adapt sessions are included at the foot of each page. Coaches / teachers are asked make adaptations to these sessions using the information provided in this lesson and the knowledge they gained in the previous lessons.
In this lesson we learn how to deliver inclusive football sessions aimed at developing the football skills of passing, ball control and running with ball. Two football sessions aimed at developing these skills are presented. The coach/teacher is asked to consider what adaptations they can make to these sessions in order to be inclusive of players with different disabilities.

Introduction

Coach/teachers are asked to consider the football activities shown in this lesson which comprise the warm-up, main part and conclusion of a football session developing the skills of passing, ball control, running with the ball. The sessions shown do not contain any adaptations to make the activity inclusive of players with a disability, but ideas on how to adapt sessions are included at the foot of each page. Coaches/teachers are asked make adaptations to these sessions using the information provided in this lesson and the knowledge they gained in the previous lessons.

VIP
Player with a Visual Impairment
(Partially Sighted or Blind)

HIP
Player with a Hearing Impairment

CP/A
Player with Cerebral Palsy
or Amputee Player

I/ED
Player with an Intellectual
or Emotional Disability
LESSON 6

Practical Sessions 3
Shooting / Heading / Goal Keeping
In this lesson we learn how to deliver inclusive football sessions aimed at developing the football skills of shooting, heading and goal keeping. Two football sessions aimed at developing these skills are presented. The coach / teacher is asked to consider what adaptations they can make to these sessions in order be inclusive of players with different disabilities.

Introduction

Coach / teachers are asked to consider the football activities shown in this lesson which comprise the warm-up, main part and conclusion of a football session developing the skills of shooting, heading and goal keeping. The sessions shown do not contain any adaptations to make the activity inclusive of players with a disability, but ideas on how to adapt sessions are included at the foot of each page. Coaches / teachers are asked make adaptations to these sessions using the information provided in this lesson and the knowledge they gained in the previous lessons.

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LESSON 7

Practical Sessions 4
Defending / Attacking / Small Sided Games
In this lesson we learn how to deliver inclusive football sessions aimed at developing the football skills of defending, attaching and playing a small sided game. One football session aimed at developing these skills is presented. The coach / teacher is asked to consider what adaptations they can make to this session in order be inclusive of players with different disabilities.

Introduction

Coach / teachers are asked to consider the football activities shown in this lesson which comprise the warm-up, main part and conclusion of a football session developing the skills of defending, attacking and playing small sided games. The sessions shown do not contain any adaptations to make the activity inclusive of players with a disability, but ideas on how to adapt sessions are included at the foot of each page. Coaches / teachers are asked make adaptations to these sessions using the information provided in this lesson and the knowledge they gained in the previous lessons.
In this lesson we learn about the opportunities for players with a disability to participate in Disability Specific Football, look at organisations active in working with people with disabilities, explore ideas as to how we can develop inclusive programmes not just offer inclusive sessions.