YDF Manual for Violence Prevention
Guidelines for teaching Football and Life Skills

Youth Development through Football
LESSON 1

Defining Violence
What is Violence and how does it affect players and teams?
LESSON 2

Understanding Causes of Violence, Understanding Conflict
LESSON 4

Victims and Perpetrators - Who is who?
LESSON 5

Understanding Victims of Violence
LESSON 6

Young People at Risk of Being Violent (Perpetrators)
LESSON 7
Supporting Victims and Perpetrators

LESSON 7.1
LESSON 7.2
LESSON 7.3
LESSON 7.4
LESSON 7.5
LESSON 7.1

Strengthening Players’ Ability to Express and Deal with Emotions
LESSON 7.2
Developing Individual Agency
(Re-) Building Trust in Players
LESSON 7.5
Supporting Victims by Referral to a Professional Helper
LESSON 8

Football Variations Promoting Violence Prevention
LESSON 8.2

Football Variations to use in your own team
The ways of dealing with the situations presented in this chapter are recommendations based on research and experience. It is important to note however that every situation is unique and therefore this chapter should be used more as a guideline and not as a 'rulebook'.

The cases are colour-coded to note the urgency of intervention by the coach:

- **RED**: Act immediately
- **YELLOW**: At end of practice / game
- **GREEN**: At next opportunity / practice