



## **Young Leaders football module delivered by Coaching for Hope, in conjunction with Amandla Ku Lutsha.**

Date;

- Saturday 30<sup>th</sup> June, 09

Venue;

- Marsh Memorial childrens home

Topics covered in this element of the YL programme;

- Communicating messages
- Communicating emotions in life and football

Outcomes;

- To have the group of young leaders complete this module of the youth leadership course delivered by AKL.
- Each young leader to effectively contribute towards the session with constructive points.
- Each young leader to demonstrate an understanding of the key elements of this session
- To have the young leaders give an example of any answers they contribute, either first hand experience or second hand (seen on tv for eg)
- Each task to promote good discussion and understanding of the answers, whether agreeable or not

People in attendance of this session

- Jackie, Michael, Akin, Jason, Carlo were the young leaders in attendance
- Mike (CfH) Dennis (CfH) Florian (AKL)

All the recording of this session has been done by Michael Richardson of Coaching for Hope, the work seen below is that of the young leaders and has not been modified or changed.

## **Module 1, task 1.**

### **How might someone communicate that they need or want money?**

- Ask someone
- Work full or part time
- Body language (crying and/or looks)
- Letter
- Text someone
- Email
- Phone
- Beg
- Steal
- Buy and sell for profit
- Command
- Attack someone
- Dismember family member
- Cheat someone out of money
- bribe

### **Any further comments made;**

Most of these forms of communication can be seen on a daily basis in Cape Town, which made it easy for the YL's to identify.

## Module 1, task 2.

### How might someone communicate they have lost something or someone?

- Report it to the police
- Signs or posters etc
- Talk about it
- Cry
- Anger/fight
- Self harm
- Blame
- Stab/shoot
- Become impatient
- Restless
- Become hysterical
- Suicide

#### **Any further comments made;**

The YL's spoke about the above points, this took us onto speaking about examples of rational and irrational behaviour, it was then suggested by the YL's that we colour code the above points blue for rational and red for irrational, and half and half depending on the 'circumstance' the decision was made in.

The points and key words we used for the above question were

- Consequences
- Circumstance
- Decision making process

### Module 1, task 3.

- a) Below list all the different emotions you can feel  
b) Mark the emotions that you might feel in life or football in the colours the key shows

- football pitch
- life
- both

- |                    |               |
|--------------------|---------------|
| • Calm             | pumped up     |
| • Happiness        | 'wired'       |
| • Sadness          | shy           |
| • Anger            | complacent    |
| • upset            | needy         |
| • frustration      | frightened    |
| • tired            | HEARTBROKEN   |
| • moody            | stressed      |
| • lonely           | impatient     |
| • depressed        | impressed     |
| • surprised        | pressured     |
| • loved            | embraced      |
| • exhausted        | comfy/uncomfy |
| • physically tired | insecure      |
| • mentally tired   | arrogant      |
| • confused         | ignorant      |
| • excited          | LOVE          |
| • scared           | selfish       |
| • anxious          | regret        |

### Any further comments made;

The YL's decided that these emotions above were rational emotions. However they came to the conclusion that it's the way we communicate them that determines our character as individuals (fascinating perspectives and discussions took place between the lads). One example used was Zinedine Zidane head butting Marco Materazzi in the world cup final and getting sent off, contributing to his team losing. The negative feelings he had towards Materazzi allegedly abusing his mother were rational, but the way he communicated them

weren't, this was discussed at length, this was only one example discussed.

Part b) was particularly interesting, the YL's came to the conclusion that all of the feelings you can feel on a football pitch can be felt in life. The YL's felt the main feelings in life were (LOVE and HEARTBREAK). In life we spoke about losing someone close to us was 'heartbreaking' and also we searched for 'heartbreaking times' on a pitch and we came to remember John Terry missing his penalty in the Champions League Final in 08 against Manchester United, we used the words we mentioned before in 'circumstance', 'consequence', 'rational' and 'irrational' we explored the level of commitment he put into this particular 'team' from his childhood and each day in training and life and came to say that it was rational for JT to feel like he did as the personal investment he had put into his job/team was one of total dedication. But we also followed up by saying the 'love' and 'heartbreak' you can feel on a pitch is different to that you can feel in life but just as rational as each other on different scales. Another very interesting point was that alot of the 'selfish' emotions were related to Cristiano Ronaldo, in terms of the 'embarrassment', 'arrogant', 'frustration', and 'pressure' these are some of the emotions that the YL's said he showed when football didn't go his way.

### **Conclusion of the Module**

The Young Leaders got off to a slow start in sharing their feelings; the first task was devised to enable them to personally relate to the subject of communication in terms of experience. Every day in Cape Town you can see different ways people communicate for money, and this was a good exercise to break the ice and grasp the concept of communication and emotion.

The most effective aspect of this module was the way the YL's communicated with each other (sometimes subconsciously) changed slightly for the time they were talking, also the different perspectives offered was very interesting, some linked the tasks to football and mainly Cristiano Ronaldo, and some related them more directly to people begging and stealing, the more 'raw' ways of communicating there emotions.

The one aspect of this module that needs looking at is the fact we haven't looked at the different ways we can positively communicate the emotions. This would be something that could be added in or one of the other tasks could be modified slightly to accommodate that.