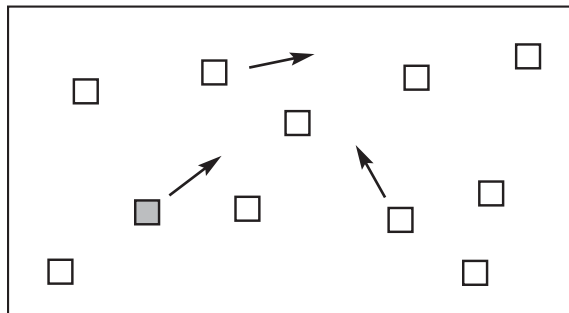


HIV/AIDS crossover

Aims: Coach dribbling or passing and HIV awareness

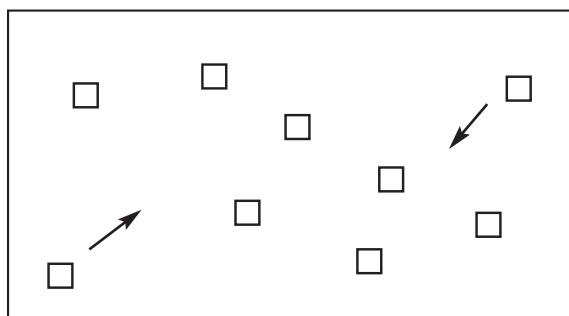
Technical

- Begin with a game of tag. One person is it.
- Have a ball each, or as many balls as possible (eg. 1 between 2 or 3). Now sit down players and tell them that their football is their protection against HIV/AIDS, and they must keep it in order to remain protected. Players simply dribble ball around area, keeping control.
- Explain to players that ball can represent a condom etc.



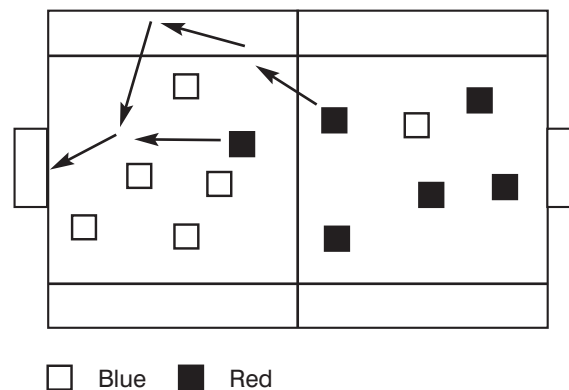
Opposed

- Ball each, or as many as possible (eg. 1 between 2 or 3), players are protected from HIV whilst they have the ball, but unprotected when they lose it. If they lose their ball they are out. You can tackle other players but you must keep your ball at the same time!
- Basically: King of the Ring!



Game Based

- Pitch divided into two halves, four channels, two teams, one football.
- Teams must pass five times then one player dribbles down a channel and must create a chance for the attacker to score. The attacker is protected from HIV, the rest of his team are not. If they go into the channels and do not set up a goal they must sit out as they are no longer protected from HIV.
- If a chance is created and a goal scored, the scoring team gets one of its players back or the opposing team loses one of theirs!
- The loser is first team to lose all players.



Set up/organisation:

Technical: Set up this practice for as many people as you have. 20 x 20 is enough for up to 12. Use the tag game as a bit of a warm-up. When you introduce balls, if you only have one football, and ten players, then instruct the players to pass the ball until it goes out of play or a stray pass happens! If this happens they are no longer protected from the virus!

Opposed: This game is King of the Ring. But if you don't have many footballs, work with what you have and make teams, or get players to take turns. This game works in either a circle or a square.

Game Based: Hard game to coach at first but gets easier for players once a couple of players from each side have been caught unprotected. If you want to you can place cones down the channel to make the dribbling bit harder.

Objective:

- *Make sure you are sitting the players down and explaining to them that the key is to remain protected. This should be primary and the skills and factors of dribbling/passing secondary!*