



SPORTS

SESSION 11 / PERSEVERANCE

01

Objectives

to introduce the students to the idea of keeping going through challenges and set-backs.

02

Outcomes *by the end of the session students will:*

- Understand the concept of persevering in their efforts
- Recognise the benefits of perseverance
- Be motivated not to give up during setbacks or failure

03

Overview *for the session instructor:*

This session aims to work with the students on their understanding of persevering in their efforts. Life can be a great challenge, but we live life with a hope. Students need to be encouraged to have that hope and be motivated to keep on trying when times get tough.

04

Outline

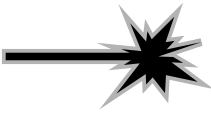
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|-----------------------|-----------------|
| Introductory Briefing | * 5 minutes |
| Warm ups | * 15 minutes |
| Wickets | * 10 minutes |
| Mid Session Briefing | * 5 minutes |
| Shooting Practice | * 10-15 minutes |
| Debrief | * 5 minutes |
| Game | * 10-15 minutes |
| Cool Down | * 5 minutes |





SESSION 11

PERSEVERANCE



Introductory Briefing * 5 minutes

Tell the group the theme of this session is perseverance. We will be looking at how we can keep on trying despite challenges and set-backs.

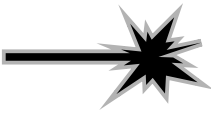
Ask the group:

Which famous players do you know who have received a set-back in their sporting career?

- **Players who have been injured**
- **Players who have been sold or rejected from a club**
- **Players suspended for various reasons**

How did those players respond to that situation?

Football, as with life, has many set-backs and it can often seem like everything is against you in your efforts to succeed. It is how we respond to those challenges which will decide whether or not we are successful. Almost every club would say they have injury problems in their squad or that referees have given harsh decisions against them, or the ball bounced badly for them in a match. The great players and clubs in history are those who respond to such set-backs in a positive way to accept them and choose to continue to play to the best of their ability regardless.



Warm ups * 15 minutes

Warm up in a 10m x 10m area.

Each player has a ball and is dribbling but using their weaker foot. Bring in dynamic stretches on the legs and lower body in between dribbling skills.

Switch to one ball between two and have players take two or three touches and then pass, still with the weaker foot.

Continue to mix the exercise with stretches.





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Wickets * 10 minutes (see dvd)

Stand the players in pairs 2 metres apart from each other (1 ball each). 1st player (dribbler) has a ball at their feet the other has a ball in their hands and stands with their legs apart.

The dribblers see how many 'megs' or wickets they can get using weaker foot in 30 secs. The ball must be played between the other players legs to score a point. The other player then feeds the ball they are holding and retrieves the first ball. The dribbler must then control the pass and go again. Change over.

Repeat this challenge twice each with the weaker foot and then using the stronger foot. Ask the players to notice the difference. Introduce higher passes for chest/knee control.



Mid Session Briefing * 5 minutes

Ask the group. Did they find it easy to keep going on their weaker foot or were they tempted to use the stronger foot?
What helped them to be motivated or lose motivation?

Answers might include:

- they wanted to see if they could do it
- they didn't like to give up on anything
- they wanted to improve
- they thought it was too hard
- they didn't see the point of the exercise

Ask the group what things make them feel like giving up in life?

- **Failing/poor results**
- **Other people's comments**
- **Others doing better**
- **Not achieving what they want to quick enough**

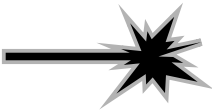
Persevering is a great strength to have, but very hard to learn. This quality is obviously of great value to a sports person, or indeed anyone who wants to get the most out of their talents. At the age of 17 a young footballer who was on the books of one of Europe's top clubs was sent away for a year to a lowly team. He showed an exemplary attitude, worked hard and at the end of the year his manager, Alex Ferguson received David Beckham back. Despite the fact that Beckham had a natural ability it was his positive response to the drop down the divisions that marked him out as someone of character and ultimately an outstanding player.

As we said earlier it is how we respond to the set-backs that will decide how well we do in life.





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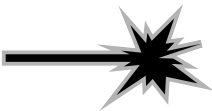


Shooting Practice * 15 minutes (see dvd)

Two lines either side of goals, 20m out facing goal. In one line the players have a ball each.

The ball carriers pass to their partner in the opposite line. Alternate which line passes and which receives so that players alternate between receiving with their stronger/weaker foot. Receiving players take one touch and shoot.

Players rotate from shooters to passers on both sides and get to work both feet. Encourage players to be patient when using the weaker foot. The aim is not instant success but to look for an improved end result.



Debrief * 5 minutes

Ask the group:

How can you persevere?

Does anyone know of a situation where they had to? What happened?

The Bible talks often about the need to persevere. Why do you think this is?

In the book of Hebrews (Ch 12v1), the writer encourages us to 'run the race with perseverance'.

Life can be challenging. Can you think of the benefits of persevering?

Some answers might include:

- **Improvement of situations we find ourselves in.**
- **Gradual success.**
- **Greater achievement in the long run.**

How could we help others to persevere? Some answers might include:

- **By being a committed friend,**
- **By showing practical support and help,**
- **By encouraging instead of criticising.**

To keep going may require patience and determination. It can often appear to be a more difficult option but hopefully worthwhile in the long run.





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Game * 15 minutes

Conclude the session with a short game of football. Encourage use of the weaker foot.

Using these alternative rules

- For 5 mins players can only pass with their weaker foot.
- For 5 minutes players can only dribble with their weaker foot.
- For 5 minutes scores are doubled for a goal scored using the weaker foot.



Cool Down * 5 minutes

As the game concludes take the players through a standard cool down. Encourage them to stretch thoroughly and be aware of the difference between their stronger/weaker legs.

