



UEFA

PLAY  
MAKERS

Inspired by



## UEFA DISNEY PLAYMAKERS

The UEFA Playmakers programme is part of UEFA's ongoing drive to work closely with national associations at the grassroots level to provide more opportunities for girls to fall in love with football.

This exciting collaboration with Disney is designed to inspire 5-8 year old girls who have never played football before to experience the game for the first time. These sessions create an environment where imaginations can run wild as an iconic Disney story is told through movement and play.

Using Disney's world renowned storytelling and inspired by academic research showing the positive role of storytelling in helping children take up sport, UEFA Playmakers programme will be used throughout Scotland with the aim of increasing participation levels of young girls.



## WHAT DO THE SESSIONS INVOLVE?

Utilising a unique storytelling approach featuring Disney films Incredibles 2, Frozen 2 and Moana. The programme will be broken down into 8-10 sessions, where the girls will play out epic scenes and take on roles of some of their favourite characters. The sessions empower them to be healthy, make friends, build confidence and learn new skills for football and life.

There are 3 learning focuses which appear in every Playmakers session. Life Skills, Fundamental Movement and Game skills and football basics. The three are connected (as illustrated in the triangle) and appear together during the tasks and games. We focus on fundamental movement skills and Life skills and the development of those leads to the development of Football basics.



## What To Expect

Ahead of your superhero's first session, below are a few things you ensure you pack:

- A water bottle
- Comfortable clothes for being active
- Trainers/flat soled shoes suitable for indoor surface

On arrival you will notice there won't be many cones set out. This is because once the session begins, the girls will actively be involved in creating the environment that they will play in.

The sessions may not look like "typical" football sessions but sit back and watch as your superhero develops crucial life skills and fundamental movement skills through play.



# ADVENTURE PASSPORT



## Taking the magic home

The Adventure Passport is an additional element, which the girls get after the session.

The idea behind is to build a bridge to the next session and to engage the parents/guardians/carers within the programme.

It consists of 4 parts:

- tell
- read
- play
- draw

It provides the girls with small games and tasks, which can be done at home.

CHAPTER 1

Disney PIXAR


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**PLAY  
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Disney

**INCREDIBLES 2**  
ADVENTURE PASSPORT CHALLENGE  
RETURN OF THE UNDERMINER

<b>TELL</b>	Do you remember how our adventure started today? The Incredibles came out of hiding. Can you tell someone the rest of today's story? Don't forget to tell them how the story finished.
<b>READ</b>	<b>WHAT HAPPENED NEXT?</b> The family got into a lot of trouble because they were not meant to use their superpowers. Mr Incredible, Elastigirl and the family had no choice: they had to return to their undercover lives as the Parr family.
<b>PLAY</b>	
Can you remember all the different Supers' moves? Can you teach them to someone else? Maybe you could make up some of your own!	
<b>MR INCREDIBLE</b>	Sideways steps to break into the drill. Extra challenge - Try with a ball, using the side of your foot to move the ball sideways.
<b>ELASTIGIRL</b>	Balance on one leg and stretch. Extra challenge - Try putting one foot on top of a ball and stretching.
<b>DASH</b>	Sprint from point to point. Extra challenge - Move quickly with a ball from point to point.
<b>VIOLET</b>	Play tag with someone at home: when you get tagged, you are stuck in a force field for 3 seconds before becoming the tagger yourself! Extra challenge - Use your body to build a force field around the ball and keep it away from someone at home.
<b>JACK-JACK</b>	Move a ball from one place to another. Extra challenge - Move with the ball and get a goal by hitting a target.



**DRAW/WRITE**

Pretend you are a news reporter. It's your job to tell everyone about how The Incredibles saved City Hall but caused a lot of damage. You might want to write a script for a news report, or make a newspaper article with a picture.



**CREATE**

Make your own Incredibles mask! You could use paper, cardboard or other materials. Be creative! You may want to wear your mask at the next session.

## How long does a session last?

Sessions typically last between 45-60mins. Check with your deliverer for specific details of the day/time/venue of your UEFA Disney Playmakers session.

## How long is the programme?

Each UEFA Disney Playmakers block runs for 8-10 weeks. Each block follows a different Disney Storybook.

## What happens after the 10 weeks?

Your daughter may wish to attend a second block of UEFA Disney Playmakers. Your deliverer will be able to provide details of the next programme.

## My daughter is really enjoying the football element.

### What next steps are there?

Your daughter may wish to pursue football following participating in the UEFA Disney Playmakers programme. Your deliverer should be able to sign post you to opportunities that are suitable.





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