



**NEWSLETTER – September 2020**

## News from India



There have been significant restrictions on programmes across all our four hubs in India due to the Covid-19 pandemic. However, coaches have been extremely proactive in supporting their players, their families and the wider community wherever they can.

They have prepared and delivered online sessions for those who have internet access and have also conducted Covid awareness sessions to help players stay safe and secure during the pandemic. They have also and provided nutritional support through special provision kits and have delivered some small scale training sessions in hubs that have fewer restrictions.

In addition, they have been providing ongoing pastoral and emotional support and doing all they can to ensure players and their families are well cared for.

Coaches are also using this time to plan for restarting FFL programmes, and coaches are currently engaging in regular planning sessions with the FFL Global Coordinator.

Programmes will be restructured to enhance delivery and based on the FFL 9 Habits resources.

Coach Emmanuel was recently admitted to hospital with Covid-19, but we are thankful that he has now being discharged after treatment.



## News from UK



In the UK, the Oasis Lionhearts in Birmingham have been working hard to restart their programme within the restrictions and guidelines of local and national government.

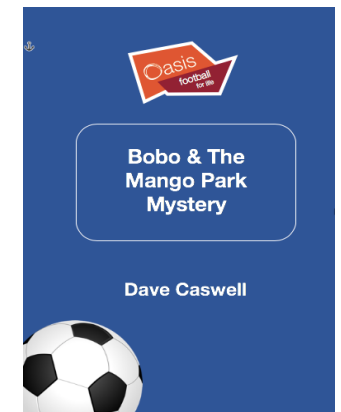
Training sessions have now begun but may again be restricted with the ever changing situation and guidelines. The dedication and hard work of all those involved in the Oasis Lionhearts has been impressive and every measure is being taken to ensure the safety and wellbeing of all the players.



With children returning to school in the UK this month, plans are still in place to introduce and deliver FFL in some of our Oasis Academies. With many adjustments taking place this may not happen immediately but at an appropriate time we plan to begin by introducing the FFL 9 Habits course and the 'Bobo & the Mighty Mangoes' story books.

The second book in the series is now available for use in both the UK, and across our FFL programmes globally.

'Bobo & the Mango Park Mystery' continues the story of Bobo and his friends while teaching the Oasis 9 Habits and life skills lessons through the story themes and discussion questions.





# Friends of FFL: Messages of Support

During this time of Covid-19 friends and supporters of Oasis Football for Life have been sending messages of support and encouragement to our players and coaches. Here's a selection of those messages....



**"As football fans, we look forward to supporting our teams, playing the sport and spending time with other football enthusiasts. Although we are currently living in a time of social distancing, we are still all connected by the love and passion we have for the beautiful game."**

Daniel Groom lives in Tividale, UK, and supports West Bromwich Albion.



**"To everyone around the world connected to FFL programmes - keep up your amazing work even if it's remotely or from a social distance at the moment. This will all be over at some point and then you can get back to helping your communities in a more physical way. Keep safe everyone."**

Gavin Shepherd and his two boys Oliver (right) and Sam (left) live in Warley, UK, and support West Bromwich Albion.



**"It's a shame that the COVID-19 pandemic has impacted our football, but in the bigger scheme of things it's important that we try and keep safe. Many people have lost their lives and lots of people have been ill, however we've also seen a great deal of community spirit and a willingness for people to look after each other. I'm sure if we're patient, if we look after each other and stay strong, we'll all come back from this stronger and be able to enjoy the wonderful game again."**

**As a youth football coach it is a difficult time for coaches and young footballers who are keen to get back playing, perhaps the extended break will give you time to reflect on the type of player or coach you are, and how you can improve."**

Rob Lloyd and his son, Nathaniel, support their local non-league side, Halesowen Town, and watch Aston Villa when they can.





# Swaibu Back to Full Fitness!



"I have been a part of Beersheba FC since I began in the under 12s, and I now play with the under 16s.

The programme which has helped me the most has been 'Catch Up Numeracy and Literacy' which has helped me to improve so much in school. I used to struggle reading words and at school they couldn't cater for people like me who needed special support. When I went through this programme however, my reading and writing was boosted and I'm now progressing well.

In 2018 I broke my thigh bone during a training session, and this was a huge setback for me. I had never experienced such an injury and it made me scared, thinking I would never walk nor play football again. Luckily, through the treatment procedures and processes, I have now completely recovered, the broken bones were joined and treated properly and now I can use my legs normally.

I'm happy that I can do everything with my legs including playing football, and I'm happy that Beersheba did everything to ensure I got proper treatment. This club has helped me in areas of character development from day one up to now and has supported me to grow and develop as a person in many aspects.

I know that I still have a lot to learn and improve on, and I will continue to listen to all the instructions and guidance given to me by my coaches and leaders. I encourage all players across Football for Life to listen to their coaches for better personal development in all aspects of life."

- Swaibu, Under 16s, Beersheba FC





# Beersheba Coaches Complete Level 1 Training Course

Last month four Beersheba FC coaches attended a Level 1 coaching course run by FUFA (Federation of Uganda Football Association.) The course helped to reinforce and supplement training the coaches had already received at BFC, but also helped to further enhance their skills and shape their focus and delivery. Here Ashim and Masaba share a little of their experience:



“I learnt so many things through the training course, including that a coach should serve as a facilitator during training sessions and provide an opportunity for players to give feedback. A coach should also be a positive role model who shows respect to all members of his team, the opposition, referees, and supporters, so that the players can also learn from this example.

In many ways, coaches can be like parents to the players in supporting them to make good decisions and develop well, and as a coach I should also appreciate my players age, abilities and needs both on and off field. In the past I used to put pressure on my players to win matches, but I was reminded that boys shouldn't just play football to win, but in the first instance to have fun. As a coach I need to help my players to enjoy the football sessions.”

- Ashim, Under 14s Coach, Beersheba FC.




“This coaching course enabled me to identify some gaps in my coaching ability and add some new ideas. I learnt that small-sided games provide a good way of football management, promote player development through skill development, and create fun and enjoyment. In small-sided games all players have an assurance that they will have plenty of opportunities to kick the ball.

I was also reminded that it's not good to be tough on players when they make mistakes. There are many ways to help boys learn and improve in areas of weakness rather than being tough with them, which might even scare them away from the club. I have learnt that boys often need time to develop a particular skill in football, and there is a need to be patient and supportive.”

- Masaba, Under 16s Coach, Beersheba FC



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