
ALCANTARA TEAM + ASSOCIACIÓ ESPORTIVA CIUTAT VELLA



The **Associació Esportiva Ciutat Vella (AECV)** has been working in Raval since 1986, a neighborhood in Barcelona with a 50% of foreign population. They encourage the practice of sport for those groups of children and young people without access to a regulated extracurricular activity by a lack of resources.

It bears the support of the Barcelona City Council and its enormous capacity to prepare and develop proposals adapted to the social reality at every stage throughout the years. The result is a district that offers social and economic opportunities to different groups that they lacked years ago. "We take the values of sports practice beyond any barrier that may exist, allowing personal development of hundreds of people." This is how they appeal to their principles of action.

The **AECV** has seemed to us the perfect work partner for implementing the ALCANTARA TEAM Program and advocating the same values through football. Together, we pursue the same fundamental objectives:

- To promote healthy lifestyles in environments at risk of social exclusion
- The integration through physical activity and sport
- Sports training and promotion for everyone



PROJECT DATA SHEET

70 BENEFICIARIES

Ciutat Vella Sports Association

BY NATIONALITY

Maghreb - Pakistan - South-East Asia - South America - Syria

NUMBER OF PARTICIPANTS BY AGE

9 - 10 - 11 years: 17 children

11 - 12 years: 13 children

12 - 13 years: 12 children

14 - 15 years: 20 children

16-17 years: 11 young people

PHILOSOPHY

Experts in pedagogy and social institutions agree on building new educational spaces for children and young people adapted to the conflict and the territory reflecting the diversity that requires specific responses. The same applies to the increased absenteeism and school failure in certain neighborhoods and areas targeted by this program.

BETTER RESPONSE TO STIMULI

The child and youth population are very sensitive to the dissatisfaction perceived in their school, family, and social environment. But they are also the best and quickest when reacting to the positive impulses that they receive from this same ecosystem. As studies have shown, they associate this change of vision and perspective with the practice of sport -the activity in which their body and mentality are more open to



internalizing experiences that reinforce their personality and behavior.

TO BE FIRST-RATE CITIZENS

What children can express, feel and assimilate when they play soccer reflects their lifestyle. Beyond this advantage, children become promoters of change in their families. If they can understand that nutrition is a key factor in their education, health, and future, they can also influence their peers and family. Thanks to the application and development of ALCANTARA TEAM they will end up being a first-rate, committed and reflective citizens and, as a result, will also improve their quality of life and their family and social environment.

FOOTBALL IS THE TOOL

The solution to rebuild their attitude towards discipline and their school life hides amongst the non-formal education: where the extracurricular activities for children and adolescents based on sport stand out. Football, in particular, proves to be a tool of maximum efficiency when applying a method without interfering with the technical and tactical development of the practitioners. It then turns every match and every training lesson into a life lesson without the burden of studying or homework. Besides having fun, they learn to understand social conflicts and gain the capacity for analysis when matches are well-directed by specialists and professionals. This is a process that involves getting to know each other better to understand one's environment and be able to distinguish emotions, stress, or the keys to coexistence. The process ends when they can make decisions that benefit themselves but also the team.



MAXIMIZE TIME

The ALCANTARA TEAM Project takes advantage of the more primary-training football sports structures to provide the coaches with educational tools since they are in direct contact with the critical collective and beneficiaries of the program: children and young people with low expectations and risk of exclusion. Soccer in any of its many aspects of physical training, tactical learning, and competitive emotion possesses sufficient strength and passion to override the effect of any negative social situation.

REFERENCE OF PROXIMITY AND HIERARCHY

Trainers, beyond technical and tactical work, can provide complementary elements that improve the social skills of the youngest. During the training, they incorporate behavioral values, healthy lifestyle habits and raise awareness of their role and that of others.

This method serves to train players and people with a more accessible future. We achieve this through games and developing health promotion (physical activity + healthy eating habits), gender equality (reflection on stereotypes and prejudices) and conflict resolution (psychosocial skills applied to the dynamics of a soccer team).

ALCANTARA TEAM is a complete pedagogical tool to guide us during a trainer's work process, where he can develop full social integration and educational values through soccer.

WORKING METHOD

The main contribution of the ALCANTARA FAMILY FOUNDATION is the pedagogical construction of the entire learning process.



THE KEY CHARACTER IS THE COACH: an assured person committed to society, willing to assume the responsibility for building goals, dreams, and objectives. All these must give meaning to his work, which is improving the lives of children and young people. Coaching a training team represents an enormous responsibility, a shared dream of a group of boys and girls who want to learn how to play soccer and who want to make friends, but who above all hope to become great players.

It's very exciting for them to work hard at training every day and get to play; so much, they turn their coaches into their role models and their leaders.

It's through this coaching model that we can encourage them to do more than just polishing their soccer skills. Today it is possible to help them develop their psychosocial skills in the playing field and adapt them to daily life. We will help them become better people and relate to their environment.

We must motivate them and to know how to behave at hard times and guide them in the defeats because soccer is a school for real life, a rehearsal place for their future relationship with the world.

We know that these key characters provide valuable knowledge of the neighborhood, its players, their environment and its context. Both experience and knowledge of the pedagogical tools are basic because they influence the future of their players and their individual and collective performance. Therefore, the ALCANTARA TEAM considers training these coaches as the main aim, so they can influence the group, they hold the authority and hierarchy to do so.



THE FIRST STEP IS COMMUNICATING THE THEORETICAL BURDEN and the fundamentals, objectives, and program technique to the coaches already working with the children and young people. They will then exceed their current performance boundaries and improve their technical and tactical game and basic sport pedagogy.

They prepare trainers and instructors during an intensive one-week course delivered by professional pedagogues with specific experience with this program. They also give the coaches who assimilate and pass the course with the notions and sense of well-learned programs a very useful manual of work that will guide them throughout the season with the applications designed, whether in the form of exercise, activity or game.

THE MANUAL DESCRIBES EACH ACTIVITY, its objectives and a comic story for comprehension that can also serve as an example for the players. To put an end to boring workouts., for every 11 skills, they propose five types of actions based on fun, variety, and imagination. The key also lies in fitting with the training, whether at the beginning, during warm-up, in the middle, when the environment is quiet or when it's time to chat. It doesn't change the format; just less mundane and powerful to change behaviors and attitudes.

ALCANTARA TEAM is a pedagogical tool to guide coaches in a work process by which they can actively develop social integration and education in values through soccer.

OTHER CONTRIBUTIONS FROM ALCANTARA TEAM

- . Competition equipment (T-shirts, trousers, etc.)
 - . Material for coaches (tracksuit, T-shirts, etc.).
 - . Training material (mini-goals, cones, sticks, bibs, etc.)
 - . Parallel activities (gender equality workshop, Christmas, final party, etc.)
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