

CARD 1 - THE PLAY PACT

10 Golden Rules to seal before the game

1. THE CIRCLE
2. KEYWORDS
3. BALL CIRCULATION
4. LANGUAGE BUDDIES
5. THE WHISTLE
6. ZERO INSULTS
7. ACTIVE LISTENING
8. CELEBRATE EFFORT
9. EQUITY
10. THE SEAL

EQUAL PLAY



CARD 2 - THE NAMED WELCOME

10 Golden Steps to make newcomers feel they belong

1. NOME FIN DAL PRIMO ISTANTE
2. FIST BUMP DI BENVENUTO
3. PAROLE “PONTE” (CIAO PASSA)
4. SISTEMA BUDDY (LOCALE+MIGRANTE)
5. DEMO VISIVE
6. CHIEDI LA SQUADRA DEL CUORE
7. RUOLO IMMEDIATO (ES. GESTORE CONI)
8. MOSTRA ZONE SICURE
9. CERCHIO DI PRESENTAZIONE
10. ENERGIA SOLARE SEMPRE

EQUAL PLAY



CARD 3 - STRATEGIC MIXING

10 quick techniques to form teams and avoid national “islands”

1. COLOR MIX
Use colored bibs instead of names.

2. MYSTERY PICK
Draw names or numbers randomly.

3. BALANCE SKILLS
Mix strong and new players.

4. BUDDY BRIDGE
Pair different backgrounds first.

5. ROTATING ROLES
Change positions each round.

6. MOVING GROUPS
Shuffle teams regularly.

7. COMMON INTEREST
Form groups around hobbies or favorites.

8. STEP INTO NEW
Change one member per round.

9. PUZZLE TEAMS
Create teams like a puzzle.

10. 1 TEAM, 1 GOAL
Remind everyone: we win together.

EQUAL PLAY



CARD 4 - SILENT COACHING

10 quick tips to communicate without words

1. WHISTLE SIGNALS
2. GESTURES: PASS/SHOOT/STOP
3. DEMONSTRATE FIRST
4. EYE CONTACT
5. OPEN BODY LANGUAGE
6. THUMBS UP/ DOWN
7. USE CONES TO MARK ZONES
8. VISUAL TIMER
9. COLOUR CODE EXERCISES
10. ACT OUT MISTAKES

EQUAL PLAY



CARD 5 - S.L.A.P. STOP & LIMIT

(CONFLICT MANAGEMENT P. 1)

1. LONG, FIRM WHISTLE
2. STEP BETWEEN THE PARTIES
3. OPEN-HAND CALMING GESTURE
4. MOVE PEOPLE SIDEWAYS
5. "TAKE 3 DEEP BREATHS"
6. LOWER YOUR VOICE
7. KEEP A NEUTRAL FACE
8. MAINTAIN DISTANCE
9. NO PUBLIC JUDGEMENT
10. SEPARATE IMMEDIATELY

EQUAL PLAY

TRAINING CARDS

Pocket Response Guide

EQUAL PLAY

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