

Methodologies Card Games

General introduction

The card games are developed for the Erasmus+ Sport project: Keep Youngsters Involved in Sport. It is the most important tool in the toolkit. These card games help you to get to know more about how to implement actions in the sport club to keep youngsters (12-19 year) involved and prevent them from dropout.

The cards are connected to the **14 factors** to prevent dropout in sport and consist of concrete actions.

The different card games can help professionals and volunteers who work with youngsters in sport, young adults and sport clubs how to improve their policy on youth and help by creating a sport club action plan.

In this document you will find the methodologies of 3 different card games.

Outcomes of the card game

- More dialogue with youngsters, trainers/coaches, professionals, board members, volunteers and others.
What do youngsters like about youth policy at the sport club? What do they think of it? What do they need to improve it?
- More knowledge about what you can do to increase the satisfaction of youngsters at the sport club
- To get to know the 14 factors and actions to prevent youngsters from drop out in sport
- Create a plan of action for your sport club to prevent youngsters from drop out
- Exchange information with each other
- Inspire each other, how to improve youth policy in your sport club



[Click here to download the cards](#)

Cards

In total there are 169 actions (and 169 cards). For every factor you can choose a variety of cards. You can choose the cards and print them in colour to be able to use them. Cut them out ✂ and they are ready to be used.

There are 3 card games:

1. Choose your cards
2. Roleplay Keep Youngsters Involved
3. Go Fish

Introducing the 14 factors

Link to the 14 factors:

Before playing the card games, you can introduce the 14 factors by someone presenting the 14 factors or by presenting the 14 factors to the audience in a different way.



[Click here to go to the 14 factors' webpage](#)



[Click here to download the 14 factors' factsheet](#)

Targetgroup

You can play the card games with a different type of people: trainers, coaches, board members from sport clubs, youth sport coordinators, volunteers who work with youngsters in sport and youngsters themselves, older than 11 years old (as soon as they can read the cards well).

1,5 or 2 hours workshop set up

The card games need to have an introduction to the topic. You can introduce the subject 'Keep Youngsters Involved' by:

- showing [the movie](#) on the [website](#) of Keep Youngsters Involved and asking for a reaction of the audience
- presenting the latest facts and figures of youngsters and Physical Activity
- interviewing youngsters themselves.

Present the 14 factors! and Give handouts of the 14 factors!

CARD GAME 1:

CHOOSE YOUR CARDS

PREPARE THE GAME

Meeting room set up style

If possible, the best room setup is a banqueting style. Depending on the total size of the group, use 8-person tables.



The participants can sit around the table to have a dialogue together and to be able to hear and listen to each other.

Participants



8 persons per subgroup, in total use as many tables as you have to make many different groups.

Moderator

- You need 1 moderator per 30 persons. There is no maximum amount of participants. It depends on the size of the room and the total number of tables available.
- The moderator explains the game and keeps an eye on the time. Also, the moderator is responsible for time management of the process and will announce how much time is left.

Optional

- Every table has a *discussion leader* who is well aware of the process.
- The discussion leader helps explaining the form, helps getting the discussion going, tries to involve everyone to contribute to the dialogue and stimulates the exchange of information within the group.

Step 1

Select 56 cards (4 cards per factor) in total per subgroup and put them on the table. Every 8-person-table has 56 cards. Split the participants into groups of 8 and each group is assigned 56 cards.



3 minutes

[Click here to download the cards](#)

Step 2

Hand out the descriptions of 14 factors (pdf)

[Click here to download the description of the 14 factors](#)



PLAY THE GAME

Step 1

Get to know each other. Introduce yourself and everyone to your subgroup.

10 minutes

Step 2

Each participant chooses 3 most inspiring cards. The chosen cards can be cards to get to know more (from the other participant's experiences), or it can be cards whereby the person shares a story / experience with the group.

5-10 minutes

Step 3

The participants read their chosen cards one by one. The participants share knowledge and explain why this card has been chosen (experiences, questions, needs, advice?) Turn by turn you share knowledge about the different cards chosen by the subgroup. Keep an eye on the time. Share the time and spend time equal to the cards which are chosen.

30 minutes

Step 4

Choose the 3 most important cards from the group by each subgroup.

5-10 minutes

Step 5

Share these with the whole group. One person in the group shares and presents this with the audience.

10-15 minutes

Step 6

Ask each participant to write down the key actions they will use, to develop an action plan for their sport club (you can ask some participants to tell this in to the audience).

5 minutes

VARIETIES IN (SUB)GROUPS

- 1 People from different sport clubs if possible
- 2 Groups of members of the same club. In this set up you can make an additional **step 7**:

'Make an action plan for the club with the most important actions.'

You also can identify what factors/actions make a club an ideal club for youngsters (where is the club now and what would be the ideal club).

- 3 A small group consisting of 6-8 youngsters and 2 or 3 trainers or coaches of the same sport club.

The more diversity there is in a group, the better!

E.g different professionals, different ages-youngsters!, different from different backgrounds, women/men.

CARD GAME 2:

ROLEPLAY Keep Youngsters Involved

PREPARE THE GAME

The game

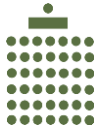
A card game for a bigger group of participants.

Aim

To get to know the 14 factors and actions, to experience how the actions can be used to motivate a youngster.

Meeting room setup

Theatre




Size of the group

20-200 people




Moderator

1 moderator

Preparation

- Select 5 players (volunteers) before the start of the meeting.
- They all get a different role in the play.
- Give them some time in advance to prepare their role  15 minutes

Duration

-  15 minutes preparation
-  15 minutes play
-  10 minutes feedback

PLAY THE GAME

Start

5 Players are standing in front of the audience playing the roles.


The rest of the audience is observing the game.



Roles

- 1 Role 1: **Youngster** who is not so motivated in sport anymore (think of reasons why you are not so motivated anymore (14 factors). This role can be played by an adult as well.
- 2 Role 2: **Trainer of the club** who tries to find out why this youngster is not so motivated. Use factor 1-4 to find out of these are the reasons for the youngster. (Use the factors and action cards to give input)
- 3 Role 3: **Coordinator of the club** who tries to find out why this youngster is not so motivated anymore. Use factor 5-9 to find out of these are the reasons for the youngster (Use the factors and action cards to give input)
- 4 Role 4: **Coach of the club** who tries to find out why this youngster is not so motivated anymore. Use factor 10-14 to find out of these are the reasons for the youngsters (Use the factors and action cards to give input)
- 5 Role 5: **Parent** who is concerned about his son or daughter. The parent gives extra input on the behaviour of the youngster.

Play this game for 15 minutes in front of the audience

 15 minutes

After the game (feedback)

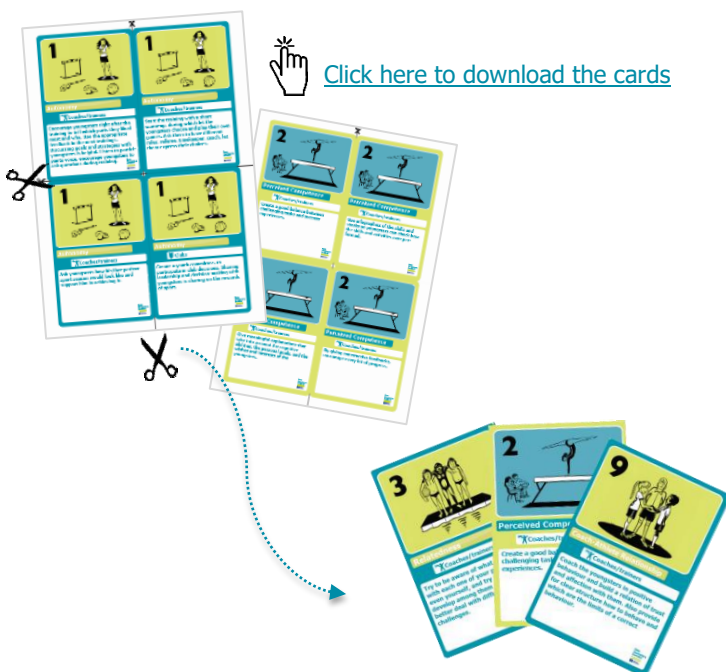
Ask the youngster (the person who played this role) for feedback.

- What did work? 
- What didn't work?  

Ask the audience for feedback.

- What did work well?
- What didn't work well to their opinion?

    10 minutes



CARD GAME 3: GO FISH

PREPARE THE GAME

Based on:



<https://www.bicyclecards.com/how-to-play/go-fish/>

(NL/BE): *Kwartet*

This card game is a popular game for children in some European countries like the Netherlands and Belgium.

The game

A card game for two-five players who try to assemble books of cards by asking the opponent for particular cards

Aim

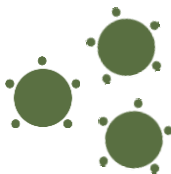
To get an introduction or idea of the 14 factors and actions

Size of the subgroup

2-5 persons

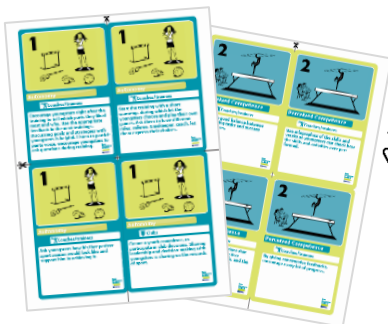
Meeting room setup

Small tables (max 5 persons per table)



Preparation

- Select 56 cards (4 cards per factor).
- Print the 4 selected actions per factor.



[Click here to download the cards](#)

- Give them a number (factor & serial number). For example: 1-1, 1-2, 1-3, 1-4, 2-1, 2-2 etc till 14-4.
- Every player has to know which factors are being used in the game.
- Put the list with names of the factors on the table or give one to every player.



[Click here to download the description of the 14 factors](#)



PLAY THE GAME

Try to get some dialogue about the cards while playing. The winner is the player with the highest amount of books.

Step 1 - The Deal

Any player deals one card face up to each player. The player with the lowest card (number of the factor) is the dealer. The dealer shuffles the cards, and the player on the right cuts them.

The dealer completes the cut and deals the cards clockwise one at a time, face down, beginning with the player to his* left.

* Note because of the readability:

Where 'he or his' is written you can of course also read 'she or her'.

If two or three people are playing, each player receives seven cards. If four or five people are playing, each receives five cards. The remainder of the pack is placed face down on the table to form the stock.

Step 2 - The Play

The player to the left of the dealer looks directly at any opponent and says, for example:

"Give me on factor *Autonomy*: action"

usually addressing the opponent by name and specifying the rank he wants, from fourteen down to one.

The player who is "fishing" must have at least one card of the rank he asked for in his hand. The player who is addressed must hand over all the cards requested. If he has none, he says:

"Go fish!"

and the player who made the request draws the top card of the stock and places it in his hand.

If a player gets one or more cards of the named rank he asked for, he is entitled to ask the same or another player for a card. He can ask for the same card or a different one. As long as he succeeds in getting cards (making a catch), his turn continues. When a player makes a catch, he must reveal the card so that the catch is verified. If a player gets the fourth card of a book, he shows all four cards, places them on the table face up in front of him, and plays again.

If the player goes fishing without "making a catch" (does not receive a card he asked for), the turn passes to his left.

The game ends when all fourteen books have been won. The winner is the player with the most books. During the game - if a player is left without cards - he may (when it's his turn to play), draw from the stock and then ask for cards of that rank. If there are no cards left in the stock, he is out of the game.