

ADHD

ACTIVITY

FOCUS



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



**Co-funded by
the European Union**

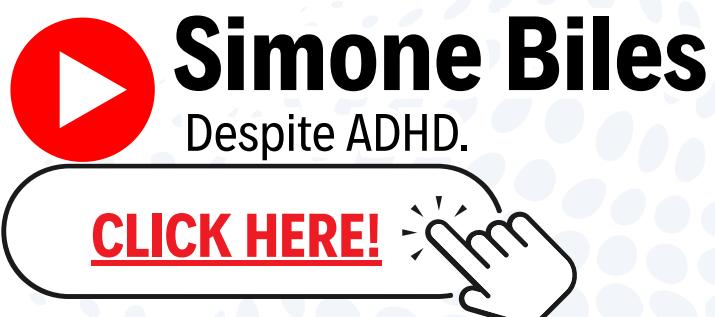
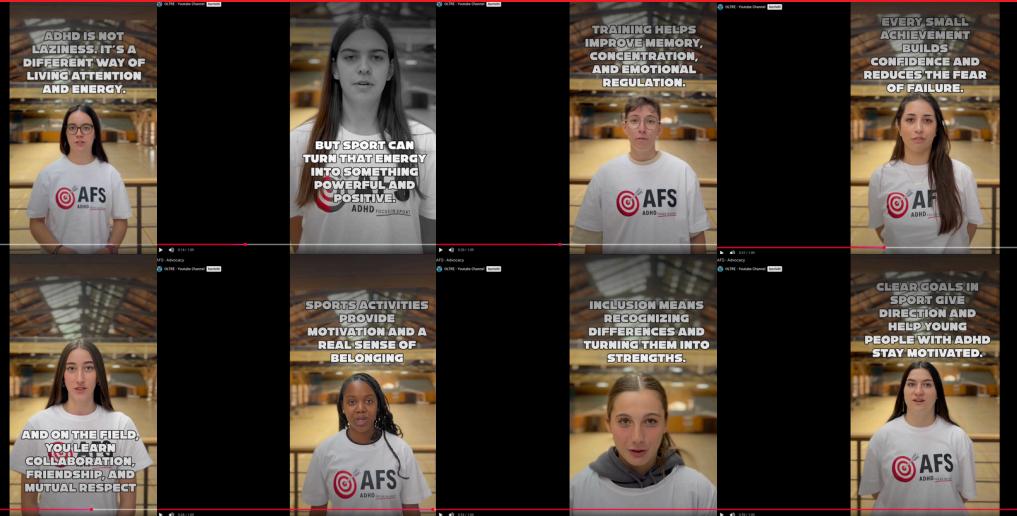
Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

ADVOCACY



**Co-funded by
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



INCLUSIVE WARM-UP:

5 SPORT ROLE-PLAYING GAMES THAT SIMULATE
THE FEELINGS EXPERIENCED BY A YOUNG
PERSON WITH ADHD DURING SPORTS



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

1. CONFUSION BALL

Objective:

to show the difficulty of maintaining attention with multiple stimuli.

Materials: 2–3 balls.

Duration: 10 minutes.

Description:

participants pass a ball to each other following a fixed sequence. After 2–3 rounds, a second ball is introduced, then a third, creating confusion. Some players must shout random numbers to increase distraction.

Variations:

introduce changes of direction or key words that interrupt the sequence.

Expected results:

understanding the concentration difficulties of young people with ADHD, developing empathy, and improving attentive listening.



Co-funded by
the European Union



2. OBSTACLE COURSE WITH DISTRACTIONS

Objective:

to experience the challenge of concentrating in noisy and variable environments.

Materials: cones, hoops, low obstacles, music.

Duration: 10 minutes.

Description:

participants complete an obstacle course. During the activity, the facilitator adds stimuli (loud music, voices, sudden questions).

Variations:

insert distracting objects (rolling balls, flashing lights).

Expected results:

greater awareness of how hard it is to stay focused, development of personal strategies to manage interference.



Co-funded by
the European Union



3. MEMORY RELAY

Objective:

to highlight the difficulty of remembering and managing multiple pieces of information while performing a motor task.

Materials: cards with symbols or numbers.**Duration:** 12 minutes.**Description:**

divided into teams, players run to pick up a card and return. On the second run, they must remember and say aloud the sequence of symbols collected.

Variations:

increase the number of cards or add “distractor cards.”

Expected results:

awareness of short-term memory challenges, improved teamwork and communication.



Co-funded by
the European Union



4. INTERRUPTED SOCCER

Objective:

to simulate the frustration of being interrupted during sports activity.

Materials: ball, cones to mark the field.

Duration: 8–10 minutes.

Description:

a normal match, but the coach constantly interrupts the game by shouting random commands (stop, change direction, spin around).

Variations:

mandatory pauses with role changes.

Expected results:

understanding the feelings of frustration experienced by young people with ADHD, developing tolerance to variability.



Co-funded by
the European Union



5. RHYTHMIC GYMNASTICS WITH VARIATIONS

Objective:

to show the difficulty of following repetitive patterns with sudden changes.

Materials: music, ribbons/balls for rhythmic gymnastics.

Duration: 10 minutes.

Description:

participants perform a simple choreography. At unexpected intervals, the instructor changes the rhythm or introduces new rules (use only one hand, jump instead of walking).

Variations:

add extra auditory or visual commands.

Expected results:

empathy for the difficulty of adapting to rapid changes, training in cognitive flexibility.



Co-funded by
the European Union



ACTIVITY SHEETS:

10 PERSONALIZED TRAINING SESSIONS FOR
PEOPLE ADHD AFFECTED



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

1. FOCUS RUN

Objective:

to train attention and concentration over short distances.

Materials: cones.

Duration: 5 sets of 30 seconds.

Description:

short sprints from one cone to another, alternated with small cognitive tasks (remembering a number, solving a sum).

Variations:

more complex tasks.

Expected results:

increased focus, improved working memory and time management in short tasks.



Co-funded by
the European Union



2. BLITZ AGILITY

Objective:

to develop reactivity and decision-making speed.

Materials: agility ladder, cones.**Duration:** 12 minutes.**Description:**

fast ladder drills with verbal or visual commands that change the movements.

Variations:

add opponents blocking the path.

Expected results:

improved coordination and quicker responses to multiple stimuli.



Co-funded by
the European Union



3. UNSTABLE STRENGTH

Objective:

to work on balance and dynamic strength.

Materials: bosu, resistance bands, medicine balls.

Duration: 15 minutes.

Description:

squats or push-ups on unstable surfaces alternated with medicine ball throws.

Variations:

add cognitive tasks (counting, naming colors).

Expected results:

enhanced functional strength and concentration in unstable conditions.



Co-funded by
the European Union



4. TACTICAL MATCH

Objective:

to stimulate rule management and strategic thinking.

Materials: ball.

Duration: 15 minutes.

Description:

mini-match where rules change every 3 minutes (only left-foot goals count, mandatory passes before scoring, etc.).

Variations:

rules chosen by the players.

Expected results:

training cognitive flexibility, adapting to variable rules, and strengthening teamwork.



Co-funded by
the European Union



5. ZEN ZONE

Objective:

to promote calm and self-control.

Materials: mats.

Duration: 10 minutes.

Description:

breathing exercises, stretching, and guided visualizations.

Variations:

relaxing music or mindfulness.

Expected results:

reduced anxiety, improved emotional control and self-regulation.



Co-funded by
the European Union



6. OBSTACLE COURSE

Objective:

to improve coordination and motor sequences.

Materials: cones, hoops, ropes.

Duration: 15 minutes.

Description:

a course with different motor stations, changed unexpectedly by the coach.

Variations:

memory tasks along the course.

Expected results:

stronger motor coordination, increased focus and adaptability.



Co-funded by
the European Union



7. RHYTHM SPRINT

Objective:

to train the ability to follow auditory stimuli.

Materials: music.

Duration: 8–10 minutes.

Description:

running while following the rhythm of music (stops, accelerations, slowdowns).

Variations:

add coordinated gestures.

Expected results:

improved motor synchronization and selective attention.



Co-funded by
the European Union



8. BALANCE AND PRECISION

Objective:

to develop fine motor skills and control.

Materials: balance boards, balls.

Duration: 10 minutes.

Description:

maintaining balance on a board while tossing and catching a ball.

Variations:

use two balls or pass to a teammate.

Expected results:

improved balance, movement accuracy, and motor self-control.



Co-funded by
the European Union



9. TAEKWONDO POWER CIRCUIT

Objective:

to enhance explosive strength and motor discipline.

Materials: pads, mats.

Duration: 15 minutes.

Description:

circuit including kicks on pads, push-ups, explosive jumps.

Variations:

sequences to memorize and repeat.

Expected results:

increased strength, discipline, and focus on motor sequences.



Co-funded by
the European Union



10. TAEKWONDO SPEED DRILLS

Objective:

to work on speed and readiness.

Materials: pads.

Duration: 8–10 minutes.

Description:

combinations of quick kicks at verbal or visual command.

Variations:

false signals to train selective attention.

Expected results:

faster reaction time, improved selective attention and impulse control.



Co-funded by
the European Union

