

ADHD

ACTIVITY

FOCUS



AFS



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ADVOCACY

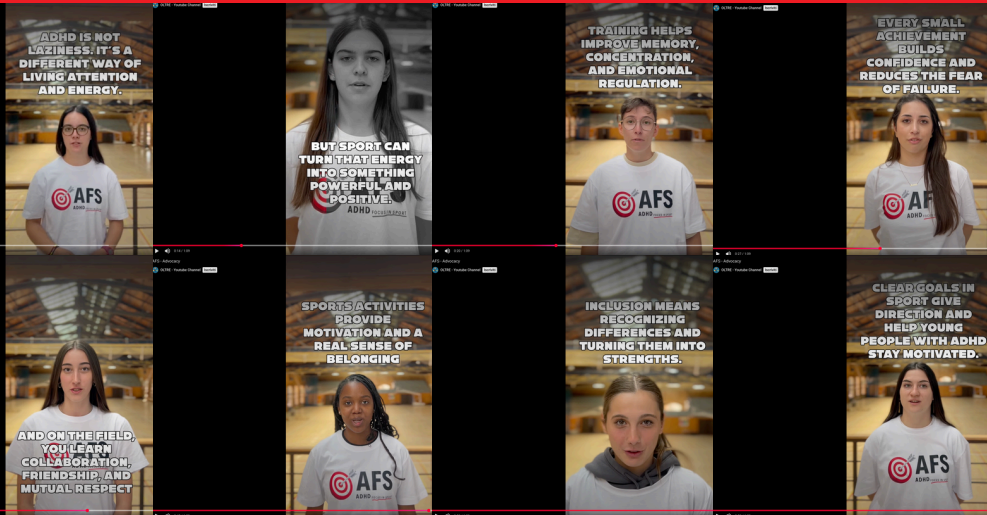


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INCLUSIVE WARM-UP:

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



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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.



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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.



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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.



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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:

andatory pauses with role changes.

Expected results:

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



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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.



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ACTIVITY SHEETS:

10 PERSONALIZED TRAINING SESSIONS FOR
PEOPLE ADHD AFFECTED



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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.



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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.



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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.



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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.



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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.



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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.



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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.



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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.



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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.



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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.



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