Educational program
"Yes to sports No to drugs"

Mifalot
Education & Society Enterprises
About Mifalot
Mifalot - Historical Highlights

1997
Founded by then-owners of Hapoel Tel Aviv F.C. - total of 4 after-school youth groups.

2002
First program launched for special needs children

2010
Israeli-Palestinian coexistence work recognized by Beyond sports (Tony Blair).

2012
“Ensured Future” educational program for youth at risk starts.

2016
Annual reach of more than 100,000 beneficiaries
Mifalot & IADA Israel Anti-Drug Authority

- Strong 7 years of partnership
- Large outreach (125 teams)
- Divers target groups
- Ongoing educational development
- The coach as a leader for change

2 Training programs
"Yes to sports No to drugs” 7th-9th
"playing and not drinking" 5th-6th
Educational program “Yes to sport, No to drugs”

• Target group- 7th- 10th grade
• Preventing program
• Program goals:
  • Providing knowledge
  • Change in attitudes
  • Strengthening Personal aspects: self confidence, social pressure, decision making etc.
Program Projects

- Healthy life-style
- Fitness & Nutrition
- Knowledge of drugs
- Simulations- self perceptions
- Self-values- what is right/wrong
- Social pressure
- On the Field- defense, goalkeeper, striker
- Personal values
- Decision making
M&E

Change in attitude regarding taking part in sporting activities

Positive change in attitude towards preventing drug and alcohol use

Positive change in sport behavior
What Happens on Field

- Team Talk
- Warm-up
- Drill practice
- Game
- Summary

Mirroring & generalization
Practice

• Understanding positions of the Red/Yellow and Green cards
• Training drills

Now its time to use your feet…