



February 2023

Football on the Brain newsletter

Welcome to the latest edition of the Football on the Brain newsletter. This newsletter is sent every ~3 months to Football on the Brain partner organisations and University of Oxford members who are involved in or interested in the project. Please feel free to forward it to your colleagues, or encourage them to sign up to the newsletter mailing list by emailing hanna.smyth@ndcn.ox.ac.uk. In this month's edition below you will find updates about the various strands of the project, including ways to get involved and stay in touch.



FOOTBALL
ON THE BRAIN



FOOTBALL
ON THE BRAIN

Youth module in development with Ignite

The draft youth module sessions are now available for input from neuroscience researchers and football professionals (or enthusiasts!). These are working drafts and Louise is very keen to have conversations about content, activities, structure, science and relevant research. The core documents are in a shared folder that you can access by contacting louise.auckland@ndcn.ox.ac.uk. Get involved... there's everything to play for!

The youth module consists of 10 classroom and pitch sessions:

- Introduction to the brain
- The plastic brain (neuroplasticity and skills development)
- The exercising brain (physical exercise and the brain)
- The developing brain (changes taking place during development and their impact)
- The resilient brain (emotional awareness/regulation/mental toughness)
- The strategic brain (decision making)
- The fragile brain (brain damage, concussion etc)
- The recovering brain (sleep)
- The team brain (social aspects, motivation?)
- Goal (final session, including the brain science behind setting and working towards goals)



FOOTBALL
ON THE BRAIN



FOOTBALL
ON THE BRAIN

Oxford United in the Community

We are looking forward to working with OUitC to incorporate Football on the Brain content into the new 4-week format of their “Fit U’s” programme, and will be developing plans to bring FotB “roadshow” activities to OUitC’s growing programmes across the county. They have also recently partnered with another University of Oxford initiative called “Science Together”, resulting in the launch of their new “Manor Club Connected” programme that we’ll be aiming to link FotB into.



FOOTBALL
ON THE BRAIN



FOOTBALL
ON THE BRAIN

Next SheKicks insert

Are you ready for Women's World Cup Australia and New Zealand 2023? Which team has the travel advantage? How will teams prepare and counteract the effects of jet lag? Could you cope with 2-3am viewing times? The Football on the Brain team are preparing a special pull out for SheKicks magazine covering the science of the circadian clock and what that means for international travel and sleep disruption. You can see the prior Football on the Brain pull out for SheKicks from Summer 2022 on our website as an example. If you want to get involved in preparing the content, please attend the next planning meeting, on Thursday 9 March 2-3pm at the Tracey Room, WIN FMRIB Annexe (JR Hospital site). If you can't attend, you can also contact louise.auckland@ndcn.ox.ac.uk to find out other ways to get involved with creating the pull out.



FOOTBALL
ON THE BRAIN



FOOTBALL
ON THE BRAIN

Football Beyond Borders training

Working in collaboration with FBB's management, the Football on the Brain research team are continuing to develop a programme of professional development on the adolescent brain for FBB staff. The WIN team have invited FBB staff to come and visit FMRIB and find out more about their ongoing research. A great opportunity to strengthen the relationship, collaborate on the FotB PD resource development, and generate some future research project ideas! Meanwhile on the FBB pitch... we hope to get some researchers to pilot their interactive roadshow ideas with some FBB students. Honest conversations over a game of football – an ideal creative combination.



FOOTBALL
ON THE BRAIN



FOOTBALL
ON THE BRAIN

Sports Ambassadors programme with Oxford University Sport

Four Sports Public Engagement Ambassadors have been recruited from across the University of Oxford: Eliza Copland, Denise Kohlhepp, Lauren Rudd, and Zhiyu (Jerry) Zheng. You can read more about them in the new blog post on our website – Football on the Brain partner organisations, do feel free to get in touch with them on Twitter and/or Instagram, you'll find their handles in the blog post. They will work with Football on the Brain throughout 2023, developing and delivering public engagement activities that share research with various sport audiences. That will include assisting on some of the other strands of the Football on the Brain project as mentioned in this newsletter.



FOOTBALL
ON THE BRAIN



FOOTBALL
ON THE BRAIN

Keep in touch

The Football on the Brain website tracks all strands of the project, has blog posts about related topics and links to resources the project has developed. You can also follow along with the latest updates on Twitter and Instagram (@FootballOnBrain). We are always open to suggestions (or submissions) from project partners for the blog, so please do get in touch with hanna.smyth@ndcn.ox.ac.uk if you have an idea. The next edition of this newsletter will be sent in early summer 2023.



FOOTBALL
ON THE BRAIN