



# The Spirit of the Game

by Geoff Francis

Sample Chapter  
and  
Educational Resource

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## Chapter 1

The words of The Who's "*Can't Explain*" throbbed in his ears. He had played the same song a thousand times. Today it matched his mind. Never had the words, recorded thirty years before his birth, had such resonance. He was feeling sad. There were some obvious reasons why, but there was also something deep inside which he couldn't touch, or wasn't willing to examine.

He had played the song a thousand times. Today it matched his mind. Never had the words, recorded thirty years before his birth, had such a resonance.

Jamie could still feel the early morning's chill, despite the car windows being locked against it. He would have run the engine but Carol (a true green) had made off with the keys just to make sure he didn't. At least that's how he saw it. He was pissed off with the world, big time. Firstly it was morning, early morning, barely 6 o'clock and that would have been reason enough. Many nights recently, proper rest had been hard to come by. He had been on the internet 'til 2, when he had finally found the right images to help him ease his way into sleep. But good and necessary as it was at the time, that always left him tired and somehow sullied the next morning. And this was that morning. He looked closely at Carol as she stamped her feet on the pavement to keep warm. She was waiting for the woman who was taking over her alternative health clinic to come and collect the keys. He watched how men who passed looked at her. Even those of his own age. None of the girls on the net looked that good. The cold intensified with his tiredness.

At last the woman showed. Carol handed over the keys. He watched her mouth.

*"It's all yours now."*

She smiled and held the woman's hands for a few extra moments then released the keys into them before heading towards the relative warmth of the car. Jamie fired up his laptop. Google Earth opened, he clicked on England and eventually Stoke. As he did, the image flashed momentarily of the statue of a footballer. He typed in the postcode of his current location London NW4. Carol climbed into the driver's seat next to him.



**Discussion points after reading chapter 1:**

- What is going on in this chapter? What have we found out?
- What do you think is the relationship between Carol and Jamie?
- He appears to be going on a journey from London to Stoke? What do you think is the reason behind this journey?
- What is the connection between Stoke and a famous footballer?

**Follow up activities relating to this chapter.**

- Jamie is feeling bad about a number of things: not sleeping, being woken up early, being cold, moving to another part of the country, the way people look at Carol.

Which of these things is it easy to do something about?

And which of these things is it hard to do something about?

What could he do to make any of these things better?

- This chapter opens up with the lyrics from an old song by a band called the 'Who'. It is called "I can't explain."

Find out the full lyrics to this song.

Have you ever felt like this?

When?

Think about some of the times when you may have felt like this. When did that happen?

Do you know what may have caused those feelings?

Did your feelings overspill onto anyone else?

Have a go at writing your own rap lyrics about some of your feelings.

Have a go at illustrating this with emoticons. These are simple drawings that aim to express feelings. Find some emoticons that sum up how you feel at these times or have a go at designing your own.

*HET Therapists: ( Explore HET stepping stone 3 activities:  
[http://www.amazon.co.uk/EMOTIONAL-MANAGEMENT-CHALLENGING-BEHAVIOURS-ebook/dp/B007V681G6/ref=ntt\\_at\\_ep\\_dpt\\_2](http://www.amazon.co.uk/EMOTIONAL-MANAGEMENT-CHALLENGING-BEHAVIOURS-ebook/dp/B007V681G6/ref=ntt_at_ep_dpt_2) )*

- This chapter talks about Carol being a "true green", what does that mean? Can you think of anyone who does "green things" – what do they do? Here is a link to a young person talking about what being 'Green' means to him. Listen to what he says:

<http://www.hetwebsite.com/file/cache/Louismono1.mp3>

What could you do to be "Green today" ?

*(HET Therapists: Explore HET Stepping Stone 12 activities  
<http://www.hetwebsite.com/ecoprojects/> )*

- Jamie has difficulty sleeping at night. Have you ever had difficulty going to sleep?

What does it feel like?

Does it affect you the next day?

What sort of things could they do to help themselves sleep?

*HET Therapists: Relates to Bach flower remedies – white chestnut and olive also flower formula 4. Relaxation recording etc. contact [lin@HETwebsite.com](mailto:lin@HETwebsite.com) for further information)*

He found the “right images to help him ease into sleep.” He had taken these off the net at 2 O’clock in the morning.

What sort of images do you think they might have been?

What do you think are some of the issues around these types of images?

- Carol was waiting for a woman who was taking over her alternative health clinic. She handed her the keys.

What is alternative health?

What kind of people may visit an alternative health clinic?

What kind of service would they offer?

- Consider the relationship between Carol and Jamie.

Why do you think he is bothered about how men look at her?

Why does he compare this to girls on the net?

- Who is the most famous footballer connected with Stoke?

Why was this person such a legend?

- Find an address at this postcode. Use Google to see what this area is like and describe it.

When you have completed these activities you can post your research to [www.HETwebsite.com](http://www.HETwebsite.com) and receive your reward points. This work will then go towards your ASDAN accredited certificate which you can collect towards your qualification.

Further information on HET accredited outcomes and qualifications from:  
[lin@HETwebsite.com](mailto:lin@HETwebsite.com)

THERAPEUTIC TOOL:



What is happening in this picture?

What happened 10 minutes ago in this picture?

What will happen in 10 minutes time in this picture?

(For HET Therapists: This is a 'One step removed activity'. How does the young person's description of this picture relate to their perception / experience of the subject matter? Follow up by relating to what happened in one of these character's lives 2 years ago? Discuss this as a one step removed scenario of this young person's experience. What will be happening to this young person in 2 years time? Once more discuss as perceptions / options of the young person's experience and relate to the HET football pitch psychoanalytical tool.)  
Information on HET training – contact [lin@HETwebsite.com](mailto:lin@HETwebsite.com)