

## **Football Cooperative (<https://www.activelink.ie/node/108569>)**

### **A community football health intervention for Men.**

We place recreational football as 'a hook' to bring men together to increase physical activity to improve overall health. Our approach focuses on removing barriers, building-community and making-organising-easy. Through a place based model, we incorporate a network of recreational football sites that each deliver weekly games year round. Games provide an opportunity for flexible, inclusive, and team based physical activity focused on friendship, enjoyment with a competitive edge.

#### **Website**

<https://footballcooperative.ie/> (<https://footballcooperative.ie/>)

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**Source URL:** <https://www.activelink.ie/irish-links/men/football-cooperative>