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LIF4ALL FOOSBALL

Erasmus Plus Sport

Action Type: Sport Small Collaborative partnership

Project Reference: 101086166



Summary:

This project aims to boost the inclusion of visual impaired children in blended teams of lifefoosball through the promotion of this sport among schools hosting students from 5 to 15 years with sight loss. This project also addresses other target group: coaches and teachers that will train bleed teams of life foosball in the schools included in the project training programme.

Objectives:

- To promote life foosball to the network of schools and associations hosting and following the identified target beneficiaries by carrying out dissemination/local activities
- To promote the formation of mixed teams of young blind and sighted athletes to take part in training sessions and mini-tournaments together.
- Offer a learning space for coaches and physical education teachers to increase their knowledge of the rules of the game and possible ways of implementing table football with the right equipment.

Partnership:





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1.0 Introduction: Inclusion through Sports

Inclusion through sports is crucial for individuals with disabilities, as it can help eliminate social and institutional barriers and promote social integration (Kamberidou, 2019). In sports, rules are clearly laid down, which might provide structure for those individuals who have trouble fitting in with social norms. Moreover, the structured environment of sports can offer a level playing field where individuals with disabilities can excel based on their skills and abilities, rather than being judged solely on societal expectations.

In some cases, people without disabilities might have difficulties overcoming stereotypes and biases, which can hinder the development of profound personal connections. However, in the context of sports, individuals have the opportunity to interact and get to know each other through participation in a common activity. This shared experience can lead to the formation of stronger personal relationships, fostering a sense of belonging and acceptance among all participants. This, in turn, supports the idea that more activities are shared, contributing to a more inclusive and cohesive community.

Factors such as attitudes, practical support, and experiences in sports and integrated settings play a significant role in the integration of individuals with intellectual disabilities in sports (Grandisson, 2012). It's important to recognize that integration in sports is dependent not only on an individual's motivation but also on the availability of practical support and accommodations. Both intellectual and physical disabilities may necessitate specific accommodations to ensure equal participation and access to sports and recreational activities.

Participation in sports and recreational activities can enhance the overall well-being of children with disabilities, promoting inclusion and minimizing deconditioning (Murphy, 2008). By engaging in common sports activities, children with disabilities might feel more included and enjoy the feeling of community, which generally can enhance their motivation to stay active. Hence, the implementation of the guiding principle of inclusion in sport and quality physical education is essential for individuals with disabilities (Kiuppis, 2018). Creating inclusive sports environments that prioritize accessibility, acceptance, and support can contribute to the physical, social, and emotional well-being of individuals with disabilities, fostering a more inclusive society overall.



For children without disabilities, inclusion in sports can promote empathy, understanding, and teamwork, and can help break down stereotypes and barriers (Anderson, 2019). Participating in an inclusive sports environment therefore provides valuable learning opportunities for children with and without disabilities. By interacting with their peers with disabilities, children without disabilities develop empathy and understanding and recognize the diverse strengths and challenges each faces. Team sports particularly emphasize the importance of cooperation and cooperation, as all players contribute to the team's success, regardless of ability. This fosters a sense of unity and camaraderie as each team member is valued for their unique skills and perspectives. Additionally, inclusive sports environments provide a platform to challenge stereotypes and misconceptions about people with disabilities. By playing sports alongside their disabled peers, children without disabilities see first-hand the abilities and contributions of people from different backgrounds. This experience breaks down barriers and promotes more inclusive and tolerant attitudes towards people with disabilities in all aspects of life.

1.1 Inclusion of Visually Impaired in Sports

The inclusion of visually impaired people in sports is a multifaceted problem influenced by a variety of factors (Nixon II, 1989). One of these factors is the ambiguity of the situation surrounding visual impairment. Visual impairment encompasses a variety of situations, each with its own challenges. Some people have partial vision loss, while others have no vision at all. Additionally, there are many causes of vision loss, including macular degeneration, glaucoma, diabetic retinopathy, and congenital diseases.

Each person with a visual impairment can face unique challenges and limitations in daily life, including difficulty getting around, accessing information, and participating in activities. These issues vary depending on factors such as the severity of the disorder, age of onset, and personal circumstances. Many people have been visually impaired since birth and have therefore had time to develop strategies in how to get around. Others have lost parts of their sight over time. They might still have concrete ideas about how things look and therefore have advantages in getting around. In addition, social perceptions and structural barriers make it even more difficult for people with visual impairments to participate in sports.



However, Alcaraz-Rodriguez (2021) specifically mentions that physical activity and sport can play an important role in promoting inclusion and well-being for people who are visually impaired. Professional training programs and efforts to increase social participation are important elements in overcoming barriers and fostering a sense of belonging to the sports community.

Ensuring active participation often requires changes to equipment and game progression. These adaptations, such as the use of audio signals and tactile markers, help adapt sports activities to the abilities of people with visual impairments, making participation more accessible and enjoyable (Brian, 2014)

The development of sport-specific classification systems is essential to the legitimacy of the competition and increased participation. These classification systems are based on evidence of the impact of disability and ensure fair and equal competition by grouping athletes with similar levels of disability or varying modes of adaptation.

Specific measurements for the inclusion of visually impaired people vary depending on the different sport executed. Some of those include specific adaptations that can make it possible for people with visual impairments to take part in the sport (like in the example of swimming and goalball), Implementing artificial impairment for sighted athletes (like in Judo), team work along the lines of the unified sports approach, where an athlete with and without an impairment work together (like in Tandem cycling).

Swimming is a sport that provides special advantages to people with visual impairments by encouraging physical fitness and the development of water safety skills. Even more than people without visual impairments, people with visual impairments are in danger when it comes to drowning risks. Children who live in close proximity to open waters or even home pools should learn to swim as fast as possible. Swimmers can negotiate the water with confidence and accuracy by using tactile signals and expert coaching. Adopting strategies like guards or "tapping," which describes light touches from a coach or guide, aids swimmers in staying on course and achieving



peak performance. For visually challenged athletes, swimming not only improves cardiovascular health but also fosters a sense of independence and achievement.

Judo is a martial art that focuses on time, technique, and balance. Because it uses tactile and auditory cues, people with visual impairments can learn and practice it. When learning and practicing throws, holds, and grappling techniques, visually challenged judoka can get help from sighted coaches or training partners. When competing against sighted partners, the lack of perception of clues indicating following movements might hinder their best performances. It is possible to blindsight the opponent in order to create an equal playing field. Judo helps visually impaired athletes compete at local, national, and international levels, showcasing their talent and resiliency on the mat, by developing their sensory awareness and spatial perception. This can improve their ability to navigate through daily life without sight

Tandem cycling provides visually impaired people with the chance to enjoy the excitement of riding with a sighted partner. Bike riders may easily traverse a variety of terrains and distances when they ride tandem bikes, where the visually impaired person rides in the back seat. The person in front can manage the steering and the partner in the back simply has to hold balance, paddle and lean in curves if necessary. In other words, so that partners cooperate to coordinate their motions and conquer obstacles jointly, effective communication is essential. A high level of trust between both participating parties is therefore essential. Tandem riding gives vision challenged people a new perspective on the world while fostering physical fitness, cooperation, and a shared feeling of adventure.

One of the best examples of a sport created especially for the blind is goalball. Similar to soccer, but players use their hearing to detect and block incoming shots on a ball that has bells attached to it on a court with tactile lines. In this fast-paced game, communication, teamwork, and the smart application of sound localization are essential. In addition to offering a venue for competition and offering an opportunity for people with visual impairments to engage in team sports, goalball helps visually impaired athletes connect with others and gain confidence.



2.0 Human Table Foosball

Besides goalball, human table foosball is a great way for people with visual impairments to engage in team sports, together with people without any impairment. Human table foosball is a sports game similar to traditional foosball. Instead of using small wooden figurines on long sticks controlled by two players on opposite sides of a table, real people stand in a formation in a defined space.

In human table foosball, the playing area is typically divided into rows, with each row representing a different position on a traditional foosball table, such as defense, midfield, and attack. Players are assigned to specific rows and are only allowed to move laterally along their designated line, similar to the movement of foosball players on rods. In some variations players are connected to their neighboring players by long, real life rods which leads to them being able to move from left to right in order to kick a ball.

The game is played with a large, lightweight ball that is easy to kick and control. Players stand relatively close together and often have little control over where they kick the ball, which is why it is important to ensure that the ball will not harm players when kicking the ball on each other. In contrast to a regular soccer game the focus is not on ball handling or skills related to kicking the ball but rather on communication, teamwork and quick reactions. Players use their feet to maneuver the ball and attempt to score goals by kicking it past the opposing team's goalkeeper. Just like in regular foosball, there are rules regarding ball possession, fouls, and goal scoring. A specific list of regulations is mentioned in the following paragraph.

Teamwork is essential in human table foosball, as players must communicate effectively and coordinate their movements to defend their goal and launch successful attacks. Each player's positioning and role within the team are crucial, with some players focusing on defense, others on midfield play, and others on scoring goals. Depending on the rules, players might be able to face only one way so without constant communication it is impossible to play together successfully.

Human table foosball is often played in a lively and energetic atmosphere, with teams cheering each other on and spectators getting involved in the excitement. It promotes teamwork, physical activity, and friendly competition, making it usable for corporate events, team-building exercises, and community gatherings.



2.1 List of rules, generally:

Ball Possession: Players must use their feet or legs only to kick the ball and maneuver it around the playing area. They can pass the ball to teammates or attempt to shoot it towards the opponent's goal. They are, however, not allowed to keep the ball more than a few seconds in one position. Any sort of time play is also not allowed

Fouls: Fouls are called for any intentional physical contact between players, such as pushing, tripping, or excessively aggressive play. Shooting the ball in another player's face is a foul and players are also not allowed to leave their designated row or step over the boundaries of the playing area, or even stop touching their connecting device (rod, rope,.. depending on the version of human table foosball played). The ball is only to be moved by foot or leg, contact with hands, arms or shoulders are considered fouls and lead to the opposing team getting the ball.

Goal Scoring: To score a goal, the ball must cross the goal line and enter the opponent's goal. Goals are only valid if scored from within the designated rows and if the player who scored the goal was in an onside position at the time of the shot, as well as the entire row the player belongs to.

Goalkeeper Rules: Each team usually designates a player to act as the goalkeeper, whose primary responsibility is to defend the goal. The goalkeeper is allowed to move along the goal line to block shots but must remain within the confines of the goal area. In contrast to the other players the goalkeeper is allowed to use his hands and arms.

Substitutions: Teams may make substitutions during breaks in play or designated substitution periods. Substituted players must enter and exit the playing area through designated areas to avoid disrupting the game. It is allowed to switch player's positions within these changes.

Fair Play: Sportsmanship and fair play are encouraged, and unsportsmanlike behavior, such as arguing with referees or intentionally disrupting the game, may result in penalties or ejection from the match.



These rules may vary slightly depending on the specific event or tournament, but the overall objective is to maintain a fun and fair playing environment for all participants. Adherence to the rules ensures that human table foosball remains an enjoyable and competitive activity for players of all skill levels.

2.3 Specific Guidelines

In human table foosball there are countless variations on how to play when it comes to the elaboration of the setup. Factors like costs, practicality, availability of rental equipment, age and ability of the participants are relevant in choosing a specific version.

First is the design of the playing field, which is usually a spacious rectangular or square space with grid lines that mirror the layout of a foosball table. Each column constitutes a core that players place strategically to mimic the movements of the game. The playing field might be defined through marks on the floor, the lined floors in a gym or a huge box, in which all players play. This box might be assembled before the game and consists of wood or plastic or be inflatable. In some cases, traffic cones can be used to visualize the field. It is possible to adapt the field to whatever materials are available.

Equipment design is also an important factor. Strong metal bars or ropes are often used to imitate bars to provide stability and safety during play. Players typically have to hold onto them during the entire game and are not allowed to change their hand positioning on said connecting factors. In some cases they might be loose, in others connected to the defined playing field. Goals at each end of the playing area should balance size and accessibility to facilitate scoring without compromising the objective. Considering the physical nature of soccer, safety measures are of paramount importance. Organizers will carefully assess the playing environment to eliminate hazards and put in place rules that promote safe behavior and minimize the risk of collisions.

Accessibility and inclusivity should be priorities. Organizers strive to create an environment that is fully inclusive for everyone, taking into account factors such as a ball with rings inside, so everybody can understand where it is located.



2.4 Rentable Inflatable Human Table Foosball Setups

The easiest form of human table foosball is playing in an inflatable field. Diverse renting companies rent those fields between 150 and 450 Euros per day. In that case, no other equipment is needed. Ten to twelve players who are at least 12 years old hold onto the rods at predefined grips designed for this purpose. Thus like in real human table foosball, players are fixed in their spaces and can only move from left to right cooperating with their teammates on the same rod.

The inflatable field serves as the central stage for the action, providing a safe and versatile playing area that can be set up in various locations. The size of the field varies, but ranges somewhere around 14 to seven meters with goals up to two meters high.

As the entire structure is inflatable, rods are padded and the ball is soft this version of the game might ensure the most safety requirements. Especially when playing in an inclusive environment with sighted people and those with visual impairment this might be an advantage.

Participants, typically aged 12 and above, engage in the game by holding onto predefined grips strategically positioned along the rods within the inflatable field. The age limitation is relevant as communication and careful consideration of people sharing rods is very important. This setup mirrors the mechanics of traditional foosball, allowing players to maneuver from left to right while working together with teammates on the same rod.

Interesting in this version is also the possibility to ask for customisation of the field to match a specific theme.

Disadvantages of this form of table foosball are the price, the availability of rental companies, the need for electricity to use electric blowers and the very little adaptability of the game. Number of players, size of the field etc. are fixed and can not be adapted to individual needs.

2.5 Human Table Foosball Medium Fixed Setup

When an inflatable setup isn't an option due to availability or budgets improvised versions are an easy way to play human table foosball. There are different options on how to imitate the typical



structure of the game, the major difference being what to choose for rods. In the medium fixed set up these rods are typically stable, in a later explained version rods are replaced by ropes.

To begin, the focus shifts to ensuring stability in the connecting rods. These rods, typically representing player rows in traditional setups, can be crafted from various materials like metal, wood, or plastic. Unlike conventional setups where rods are affixed to the sides of the playing area, in this improvised version, players stand freely. The width might vary but it should be ensured that there is at least about 60cm for each player in this rod. As a typical formation in human table soccer would be one goalkeeper, two defense players, three middle field players, two strikers and vice versa, in an order alternating both teams.

Next, it's important to establish fixed player positions. Players mark down lines along which they're allowed to move from left to right, effectively mimicking the stationary nature of traditional table soccer. To mark these lines one can use pre existing lines in a gym, chalk on an asphalt floor or again, traffic cones on both sides of the field indicating an invisible line. This not only adds to the strategic depth of the game but also maintains the essence of the original idea. These lines should be far away enough so that players will not kick each other but reach the ball. A distance of one meter should be a minimum.

Flexibility is key in defining the playing field. Depending on the available space and resources, one can customize the field to suit the environment and player preferences. Goals, rather than being physical structures, can be represented simply by lines marked on the ground, providing clear boundaries for scoring.

One notable advantage of this improvised version is its adaptability to varying numbers of players. Whether it's a small group of friends or a school class, the setup can be easily tailored to accommodate the number of participants, ensuring everyone can join in on the fun.

A fun variation is the implementation of two players mimicking the people standing on opposing sides of the soccer table. There can either be two people, one on each site, shouting where they want the players to move to or one person per end of each rod being responsible for this specific line of players. While this approach is fun and challenging it requires a highly elevated level of



communication and trust between players. It might be fun to add this version after mastering the original rules.

2.6 Simple Setup of Human Table Foosball

This version of Human Table Foosball is relatively easy to set up and ensures complete availability for all kinds of groups. The main difference to the version explained above is the leaving out of rods entirely. Players can hold onto a rope which remarkably changes the dynamics of the game. As the rope does not ensure equal distances between players and they have the ability to flexibly move along their line in the game, there is more room for strategic adjustment and movement.

It is also possible to adjust the number of balls used. When communication functions well or the number of players is higher it makes sense to introduce a second or third ball to keep players engaged.

The designated playing area is prepared, with precise measurements and clear markings using cones and paper tape. As in the medium fixed setup there should be at least 60 cm per person in width and about one meter per rod in lengths. Boundaries should be very clearly defined to maintain focus on the action and prevent disputes.

Team composition is curated, with each team comprising around six members. If an inclusive game is the goal each team should represent a mix of sighted and visually impaired players. This deliberate balance fosters collaboration and mutual support, with players learning from one another's strengths and experiences. Sighted players can support their teammates by commenting on the opponent player's positions. Players with visual impairment will be remarkably better in recognizing the ball's position due to the ring and can share this information with their teammates.

Roles and responsibilities within each team should be carefully allocated to maximize engagement and involvement. Sighted players provide crucial guidance to their visually impaired counterparts, while defenders and forwards coordinate their movements along taut ropes to thwart opponents' attacks and create scoring opportunities.



Just like in the other two versions explained, gameplay mechanics replicate the dynamics of traditional foosball, with movement restricted to sideways motion along the ropes. This challenges players to anticipate and react to the flow of the game, enhancing spatial awareness and strategic thinking.

Specialized support mechanisms are seamlessly integrated into the gameplay to ensure equal participation and enjoyment for all players. Guides stationed behind the goals and goalkeepers acting as mentors to visually impaired teammates enhance communication and facilitate effective collaboration.

Structured formats for starting and restarting play maintain a sense of continuity and fairness throughout the game. Each match begins with a ceremonial kickoff from the center of the field, symbolizing the commencement of friendly competition. After each goal, play resumes with the opposing goalkeeper initiating proceedings, promoting a swift pace and sustained momentum.

An inclusive ethos underpins the entire experience, encouraging active involvement and skill development among all participants. Players are empowered to explore different roles within their team, fostering versatility and adaptability while promoting empathy and understanding among teammates.

Equipment selection prioritizes safety, accessibility, and functionality, with sturdy goalposts, taut ropes, eyeshades or masks for visually impaired players, and mini blind footballs chosen for their tactile feedback and durability.

3.0 Ensuring Inclusion

There are several factors that have to be considered when it comes to playing human table foosball in mixed teams with sighted people and those with visual impairments.

To begin with, it is important that the ball is similar to the ones used in regular soccer for people with visual impairments. It contains a ring so people with visual impairments can locate the ball.

There should be equal numbers of visually impaired people in both teams to create an equal playing field. If necessary, sighted people can use blindfold to create those equal teams.



Finally it is not allowed that players of one team communicate purposefully with body language. In sports, it is common for players to use hand signs to communicate strategic movements. Here, it is important to always include everybody and reframe from tactical behavior in line with this.

4.0 Challenges for Instructors and Athletes

4.1 Challenges for Instructors:

Creating an inclusive foosball environment presents challenges for instructors, especially for people with visual impairments. First, it can be difficult to ensure that settings and rules are accessible and understandable to all participants. Instructors must carefully design competition areas and equipment to accommodate sighted and visually impaired players, taking into account factors such as distance, tactile feedback, and auditory cues.

Second, one needs to improve communication skills to effectively lead and facilitate play. Instructors must convey instructions clearly and concisely, using verbal cues and tactile guidance, to help visually impaired players understand their roles and navigate the playing field. This requires patience, empathy, and the ability to adapt to meet the diverse needs of all involved. Additionally, maintaining fairness and inclusivity throughout the game is a challenge. Instructors should ensure that visually impaired players have an equal opportunity to participate and succeed, and help sighted players adapt to the unique dynamics of the game with their visually impaired teammates. This requires a proactive approach to remove potential obstacles and create an atmosphere of support and cooperation among all involved.

Overall, instructors must approach these issues with creativity, sensitivity, and expertise to ensure Human Foosball remains a rewarding and enjoyable experience for all participants.

4.2 Athlete challenges:

For athletes with and without visual impairments, participating in human foosball in an inclusive environment presents a variety of challenges.

First, mastering game mechanics such as ball control and coordination can be difficult, especially for visually impaired players who rely on haptic feedback and auditory cues to navigate the field. Additionally, adapting to the unique dynamics of the game with teammates of varying abilities



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requires teamwork and communication skills. Athletes must learn to work together effectively, using verbal and nonverbal cues to coordinate their actions and support each other to achieve common goals. This requires patience, understanding and mutual respect between teammates.

Athletes with visual impairments may have more difficulty navigating the playing area and anticipating the movement of the ball and other players. Overcoming the game's constraints, such as staying within specified boundaries and avoiding collisions, requires improved spatial awareness and adaptability.

Despite these challenges, participation in Human Foosball provides athletes with valuable opportunities to develop skills such as teamwork, communication, and problem solving, as well as fostering a sense of camaraderie and inclusion. With determination, perseverance, and the support of instructors and teammates, athletes will be able to overcome these challenges and fully enjoy the unique experience of human foosball.



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