

ENGAGING.

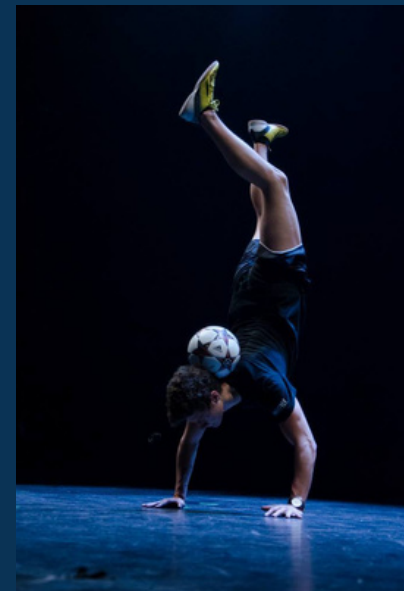
MEMORABLE.

IMPACTFUL.



3V3 SCHOOL

***BUILDING CONFIDENCE AND INCLUSION
THROUGH FOOTBALL, FREESTYLE AND
INSPIRING ROLE MODELS***



3V3.COM.AU
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**CREATED BY WORLD FREESTYLE
CHAMPION ADRIAN KROG**



**PRIMARY AND SECONDARY
SCHOOLS**

A SCHOOL PROGRAM LIKE NO OTHER

1 World-class Freestyle Football show with Adrian Krog:
Inspires passion, discipline, and belief

2 Confidence talk with World Freestyle Champion + Q&A:
From Outcast to Champion: A story of confidence, courage, and being proud to stand out.

3 Student Station Rotation (3 Stations):

- Inclusion football Matches in 3v3 cages
- Students learn a football skill together with problem solving
- Think, speak and pass the ball

4 Group photo and autographs with world-champion:
Wrapping up the experience with a memory they'll never forget.



"A one-of-a-kind experience that sparks a love for football while building social-emotional skills."

EFFECTS OF 3V3 SCHOOL PROGRAM

Builds Confidence



Gets kids active



Promotes inclusion



Inspires Passion



WHY IT WORKS

We bring in world-class role models because having someone to look up to shapes both confidence and decision-making.

Our 3v3 format is inspired by how the world's best players began on the streets. It's fast, inclusive, and gives every kid maximum touches.

Every activity is blended with social emotional learning, helping students grow not just as players but as people.

We're not just inspiring a love for football.
We're shaping the next generation of Australians.



"We were worried about our son. He only cared about gaming. After meeting Adrian something clicked. Now he's outside every day practicing football."

Stig Jensen – Parent

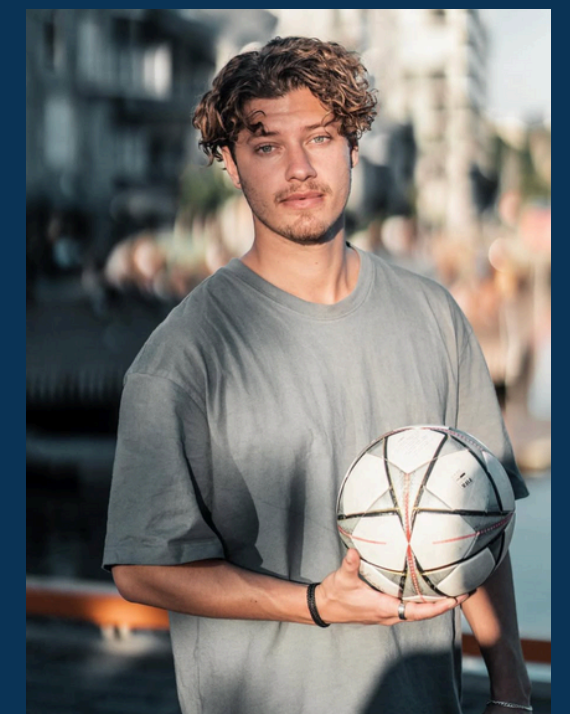
MEET OUR INSPIRING ROLE MODEL

Adrian Krog – World Football Freestyle Champion

- 15+ years of global experience performing, teaching and inspiring
- Performed for legends like Ronaldo, Roberto Carlos, and Figo
- Broke Neymar's record with a 38.6m football control
- Juggled 500 km in 29 days for cancer research
- Personal juggling record: 23,457 touches
- Over 70,000 followers on social media

See videos & learn more

www.adriankrog.com



PROGRAM 1/3

Freestyle Football show

Adrian will kick off the program with a high-energy freestyle football show and invite students to join in.

Confidence talk + Q&A

Adrian shares his journey from feeling like an outsider to becoming a world champion. As a kid he often felt excluded and was even dropped to the second team. But freestyle football gave him purpose, identity and a place to belong.

He reminds students:

Even if you don't fit in, it doesn't mean you don't belong. It means you're meant to stand out.

This session inspires confidence, inclusion and resilience.



PROGRAM 2/3

For the second half of the session, students take part in the Student Station Rotation. The group is divided into three sections, with teams of 4 to 5 students. Each team spends around 10 minutes at each station before rotating.

Station 1 – Inclusion football Matches in 3v3 cages

Fast-paced 3v3 football inside the cage where every touch counts. Each team has a student leader who makes sure everyone gets playing time and helps resolve any conflicts. Games are self-refereed, promoting communication, fairness, and leadership.

With 1–2 subs per team, players rotate quickly and stay fully engaged. This station is intense, energetic, and focused on teamwork, quick decisions, and inclusion.

Everyone plays. Everyone improves. Everyone belongs.

STATION 1



PROGRAM 2/3

Station 2 – Skills workshop with team

Adrian demonstrates a fun and achievable skill using push-ups with the football balanced on the neck.

Each team gets one ball and must work together to complete the challenge.

Together as a group they help each other master the skill. The team leader ensures everyone gets a turn and feels included.

This station builds confidence, teamwork and patience.
It shows that success feels even better when it is shared.



STATION 2

PROGRAM 2/3

STATION 3

Station 3 – Think, speak and pass the ball

Students stand in a circle and pass the ball around.

Before passing, the player must answer a question out loud related to confidence, mindset or inclusion. Others in the circle can help if someone gets stuck, creating a safe and supportive environment for everyone to participate.

There are no wrong answers. Just honest ones.

Inspired by Adrian's journey as the quiet kid at training, this station helps every student find their voice and feel included.

It is not just about speaking. It is about being heard.

PROGRAM 3/3

We wrap up the day with a group photo and autograph session.

A chance for every student to meet Adrian up close, celebrate the experience together and leave with a lasting memory.





READY TO BRING 3V3 TO YOUR SCHOOL?

Give your students a unique experience that sparks their love for sport and helps them grow as individuals. Contact us to bring the 3v3 program to your school.



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WWW.3V3.COM.AU



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