SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

FOOTBALL – 11 V 11 / 9 V 9

Age	Format (maximum format but can play smaller numbers)	Ball size	Pitch size (yards)	Maximum goal size (feet)	Game duration
Year 7	9v9	4	70 x 40 to 80 x 50	16 x 7 to 21 x 7	Maximum of 30 minutes per half
Year 8 and 9	9v9 11v11	4	90 x 50 100 x 60	21 x 7 24 x 8	Maximum of 35 minutes per half
Year 10 and 11	9v9 11v11	5	90 x 50 100 x 60	21 x 7 24 x 8	Maximum of 40 minutes per half

Getting started

You can access more information and resources by signing up to The FA Secondary Schools Programme at: www.TheFA.com/schools

- Select teams and set up the playing area in-line with the guidance provided in the table.
- Use flat markers to highlight the goal area to help the goalkeepers if no lines are in place.
- Move the portable goals to the right place.
- Maybe look at using a 3G pitch or commercial provider as a venue.
- Put up the Respect barrier for the parents/spectators to stand behind (if applicable).
- Mark out a small technical area for the coaches and subs near the halfway line to stand within.
- Each league/competition can determine its own playing time within the maximum time. Why not split the game into equal quarters to create more breaks for player rotation.

Quick introduction

The traditional game of 11v11 football, which can be adapted to 9v9 – using smaller goals and pitch for younger players.

FOOTBALL – 11 V 11 / 9 V 9

Keep it safe

- Ensure the field of play is safe including goalposts and corner flags.
- Ensure that all players are wearing appropriate equipment and all jewellery is removed.

Think Tactics

- How do you want your team to play? Agree a formation and style of play that suits the players in your team.

Keeping it fun

- Why not introduce some cheerleading to the competition?
- Reward teams for high standards of behaviour and integrity with a fair play award.
- Reduce to 9v9 to give players more time on the ball.

Think Inclusively

- Consider the rotation of the players so that players with different abilities can play positions that suit them, but also do not get stuck in just one position.

Spirit of the Games: *Excellence through Competition*

Celebrate goals and success as a team, and enjoy taking part in the company of your peers.

Quotes taken from FA intra-school football research (June 2015)

- ‘I love it when we score – our team goes mad!’
- ‘I like playing in a team with my mates. We try to win but we don’t take it too seriously.’
- ‘I have developed my leadership skills by volunteering. It has really developed my confidence’.

Big ideas

- Give students ownership over the format of football that they want to play.
- Introduce an electronic scoring system.
- Publish your fixture programme somewhere prominent within the school to let your students know what is going on.

Pitch Dimensions

- 11v11 - white text
- 9v9 - yellow text

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SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

FOOTBALL – FUTSAL

Quick introduction

Futsal is a fast-moving 5-a-side game that should be played indoors. You can access more information and resources by signing up to The FA Secondary Schools Programme at: www.TheFA.com/schools

Getting started

- Play 2 x 20 minute halves played in real time.
- Ball can go over head height.
- Restart the game after the ball has gone out by kicking the ball back into play from the touchline and from corners.
- Each team can give away five direct free kicks in each half. On the sixth foul a direct free kick is awarded to the opposition and the defending team is not allowed to position any players other than the goalkeeper between the ball and the goal.
- Each team is allowed one time out in each half.

Goalkeepers

- Allowed out of their area – players are also allowed inside the area.
- Must throw/roll the ball in after the ball goes out of play. They cannot touch it again until after it has been touched by an opponent.

FOOTBALL – FUTSAL

Keeping it fun

- Why not introduce some cheerleading to the competition?
- Reward teams for high standards of behaviour and integrity with a fair play award.
- Rotate players every two minutes to give players more game time. Futsal is a very fast game so players will appreciate regular breaks.

Make it safe

- Ensure that goals are appropriately weighted down.
- Ensure that all players are wearing appropriate footwear, shin pads and remove all jewellery.
- Ensure that there is ample 'run off' space around the pitch.

Think Inclusively

- Think about creating safe zones for players with mobility problems where they cannot be tackled.

Spirit of the Games: *Excellence through Competition*

Encourage players to keep their own team foul-count.

Big ideas

- Introduce an electronic scoring system.
- Publish your fixture programme somewhere prominent within the school to let your students know what is going on.
- Use social media to create student engagement with your competition.

FA intra-school football research (June 2015)

- 'It's fast-paced and you get lots of touches.'
- 'Refereeing futsal has helped me to learn the rules.'

Spain and Barcelona star Xavi

'In futsal, you see whether a player is really talented... you notice the small details in quality, class and tactical understanding.'

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SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

FOOTBALL – 7-A-SIDE (PAN DISABILITY FORMAT)

Getting started

- 16 x 7 yard goalposts would ideally be used (mini soccer posts are also permissible).
- Two teams of 7-a-side play two equal periods of over five and up to 25 minutes in each period.
- The preferred playing surface should be a third generation artificial turf pitch. Where third generation artificial turf pitch is not used a sand-filled artificial turf pitch is acceptable.
- Other surfaces such as a sports hall or natural turf are permitted providing that competing teams do not comprise of amputee players who use crutches. If amputee footballers (who use crutches) wish to participate, the playing surface must be either third generation artificial turf or a sand filled artificial turf.
- There is no offside.
- Free kicks are either direct or indirect – players must be five yards away from the ball.

Quick introduction

- The FA believes that appropriate competition should be made available to all people, whatever their level of ability. It also believes that disabled people should be playing in mainstream football competition.
- Some disabled players may be better provided for in competitive football such as 'pan disability' or impairment-specific football on a temporary or permanent basis.
- You can access more information and resources by signing up to The FA Secondary Schools Programme at: www.TheFA.com/schools

FOOTBALL – 7-A-SIDE (PAN DISABILITY FORMAT)

Safety

- Use the right footwear for the surface you are playing on.
- Wear shin pads.
- Remove jewellery.
- Ensure goalposts are appropriately weighted down.

Think Inclusively

- Pan disability football refers to competition between teams comprised of individuals with differing impairments, playing together, regardless of the limitations in play. Wheelchair users and blind players should play impairment-specific football.
- Ability banding festivals should be delivered to ensure that players are grouped into relevant teams.
- Deaf players are permitted to wear their hearing aids and should not be asked to remove them.

Keeping it fun

- Why not introduce some cheerleading to the competition?
- Reward teams for high standards of behaviour and integrity with a fair play award.
- Ensure regular rotation of players and give everyone equal game time.

Spirit of the Games: *Excellence through Competition*

RESPECT

Respect your teammates, opponents and the referee.

FA intra-school football research (June 2015)

"I like to play with my friends and socialise.

It's great because it doesn't matter if I make a mistake."

Big ideas

- Learn more: research football's disability football pathway and which impairment-specific National Teams there currently are: www.thefa.com/my-football/player/disability-football/play
- Introduce an electronic scoring system.
- Publish your fixture programme somewhere prominent within the school to let your students know what is going on.

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