WHY FOOTBALL

What are the benefits of playing my sport?

Football has the unique ability to capture the hearts and imagination of pupils, enhance everyday school life and play a key role in supporting whole school improvement.

Football is a fantastic sport both physically and socially for boys and girls in school. Physically the game can help to keep children fit and healthy, whilst also increasing energy levels within the classroom. Socially, the game can support in making friends, improve communication skills, develop decision making, leadership and also build self-confidence.

The following video from Shoreham Academy shows the impact that football can have on engaging a wide range of young people across a school. Within the video, teachers and students tell of the key differences that running a football leadership programme has made to their school. These thoughts include:

- Supporting students' ambitions for the future
- Better behaviour and attitude in and around school
- Developing the independence of the students
- Creating positive role models for younger students
- Developing peer learning and support

Shoreham Leadership:
www.youtube.com/watch?v=T-lcfra9a9s

British Paralympic Association
Department for Culture Media & Sport
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SPORT ENGLAND
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YOUTH SPORT TRUST

FOOTBALL

Spirit of the Games:
Excellence through competition
How does your sport exemplify these values?

PASSION

Football is the nation's favourite sport, currently played by a diverse range of people across the country. Having pride in playing football for your school is something that every young person should have the opportunity to experience.

RESPECT

Enjoyment should be at the heart of the game for everyone involved. Therefore respecting our opponents, teammates and officials is paramount.

HONESTY

Whether you win, lose or draw, do it with integrity.

SELF BELIEF

Have the courage to be creative and try new things whilst focusing on your team objective.

TEAMWORK

Football is a game that relies on the combined effort of the whole team. Success will be determined by how well individuals come together and strive towards a common goal.

DETERMINATION

At some point, you will meet challenges. To be successful on the football pitch you will need to be determined and resilient – both essential life skills.

Priority competitions:

Through the School Games we want to give young people the opportunity to participate locally in Intra School Competition (Level 1), Inter School Competition (Level 2) and County Final - Inter School Competition (Level 3) activity. **Any discussions regarding Inter School Competition (Level 2) and County Final - Inter School Competition (Level 3) football competition should include the County Football Association and County Schools' Football Association.** Where there is existing football competition taking place, School Games competition should look to 'add value' and grow current competition, rather than creating new ones. Football's key focus and priority work for SGOs in terms of raising participation is **Primary Girls (years 5/6) and Secondary Disability football (years 7-11).**

Name of the competition:	**Primary girls (years 5/6)**
Age group/gender:	Years 5 to 6. For boys and girls.
What level/location:	Round robin inter-school tournament at a central venue.
Who can run it?	SGO to discuss locally with the County Schools' Football Association and County Football Association.
How to enter it:	Via SGO.
When does it take place?	To be decided locally with partners.
Next steps after this competition:	County Final - Inter School Competition (Level 3) in association with CSFA and CFA.

Name of the competition:	**Secondary PAN Disability Football**
Age group/gender:	Years 7-11 mixed (whilst mixed competition is permitted at this age group separate male and female competitions should be encouraged to drive female participation).
What level/location:	Round robin inter-school tournament at a central venue.
Who can run it?	SGO to discuss locally with the County Schools' Football Association and County Football Association.
How to enter it:	Via SGO.
When does it take place?	To be decided locally with partners.
Next steps after this competition:	County Final - Inter School Competition (Level 3) in association with CSFA and CFA.

The FA Secondary Schools Programme

Any secondary school delivering football as part of their School Games offer should sign up to The FA Secondary Schools Programme. It is completely free, and you will receive access to a range of resources to support your delivery. There are four different areas which you can get involved in:

- Intra-school Football – Intra School Competition (Level 1)
- Inter-school Football – Inter School Competition (Level 2) and County Final - Inter School Competition (Level 3) (working with ESFA and ISFA)
- After School Football
- Leadership

You can access more information and sign up by going to:
www.TheFA.com/School

The FA Skills

The FA Skills Programme works in over 1,000 primary schools a year, providing specialist football skills coaching for children and their teachers.

For more information see the FA skills website
www.TheFA.com/Skills

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Signposted competitions:

The English Schools' Football Association and The Independent Schools' Football Association deliver local and national competitions.

Primary: The Danone Nations Cup. Contact your County Schools' FA for information on how to enter your local competition **www.esfa.co.uk/associations**

Secondary: English Schools' FA National deliver a wide range of National Competitions. For details on how to enter, please go to **www.esfa.co.uk/competitions**

Year group formats

Age	Format (maximum format but can play smaller numbers)	Ball size	Pitch size (yards)	Maximum goal size (feet)
Year 3	5 v 5	3	30 x 20 to 40 x 30	12 x 6
Year 4	7 v 7	3	50 x 30 to 60 x 30	12 x 6
Year 5 and 6	7 v 7	4	50 x 30 to 60 x 30	12 x 6
Year 7	9 v 9	4	70 x 40 to 80 x 50	16 x 7 and 21 x 6
Year 8 and 9	9 v 9	4	90 x 50	21 x 6
	11 v 11	4	100 x 60	24 x 8
Year 10 and 11	9 v 9	5	90 x 50	21 x 7
	11 v 11	5	100 x 60	24 x 8

Futsal

For information on how your school can get involved in local and national Futsal competitions, please contact your County Football Association.

Where do young people go next (from school to club/community)?

www.faskills.thefa.com/ • www.thefa.com/play-football • www.esfa.co.uk/competitions/ • www.thefa.com/disability

Embracing the School Games Vision

Development Competitions provide an opportunity to engage all young people.
Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

Relevant You Tube links:

The following videos show further examples of the impact that football can have on engaging a wide range of young people across a school:

Danone Cup:
www.youtube.com/watch?v=7XpS6ohivBE

School Cup for Girls:
www.youtube.com/watch?v=IktNyj6Ke-U

B Team Cup:
www.youtube.com/watch?v=Vt73MVuIIwU

FOOTBALL

Competition Card 1

Primary or Secondary:

Primary

Name of competition:

Girls Year 5 and 6 Mini-Soccer

Age group:

KS2 (Years 3-6)

How to enter:

Via your local SGO

Tournament format:

We would recommend a 'round-robin' competition at a central venue

Simple rules:

Rules of Association Football apply apart from the following variations:

- 7-a-side using a size 4 football on a pitch between 50 x 30 to 60 x 40 yards
- Play two equal periods of up to 25 minutes in each period
- Goal size 12 x 6 feet
- No offside
- Rolling substitutes during a stoppage of play
- All players should receive equal playing time where possible
- Goal kicks can be taken from anywhere within the penalty area
- All free-kicks are DIRECT
- All opposing players must be AT LEAST five yards from the ball at the taking of free-kicks, corner kicks and kick-offs.

Think inclusively!

- Modify pitch sizes within the minimum and maximum size guides.
- Use rolling substitutions to ensure equal playing time amongst the team.
- Allow 'roll-ins' rather than 'throw-ins' to make controlling the ball easier for players with limited movement.
- Use a different coloured football for the engagement of visually impaired players.

Relevant web links:

County Schools' Associations Contacts: **www.esfa.co.uk/associations**

Roles for young people:

- Assistant Coach/Team Manager – delivering warm-up activities and games.
- Allow young referees the chance to officiate in these games, with support from a more experienced adult.
- Give young people the responsibility of organising and delivering the competition and fixture programme.
- Writing match reports to feature on the school website.
- Respect Ambassador – briefing teams and referees on the Respect Programme and monitoring the behaviour of teams.

How can depth in competition through extra teams be achieved?

Schools should be encouraged to enter more than one team into competitions to give as many players as possible the opportunity to take part. Regular intra-school football (Intra School Competition (Level 1)and regular after-school clubs can grow the base of players to allow schools to enter teams into Inter School Competition (Level 2) competitions.

The route from here to County Final - Inter School Competition (Level 3)

Discussions should take place locally with the County Schools' Football Association and County Football Association to ensure a pathway is in place from Inter School Competition (Level 2) to County Final - Inter School Competition (Level 3).

How can regularity be achieved?

Regular playing opportunities can be created by running a regular 'central venue competition', rather than a 'one off' event. Schools can take it in turns to host, or a regular venue can be booked.

FOOTBALL

Competition Card 2

Primary or Secondary:

Secondary

Name of competition:

Secondary PAN Disability Football

Age group:

Years 7-11

How to enter:

Via your local SGO

Tournament format:

We would recommend a 'round-robin' competition at a central venue

Simple rules:

- 16 ft x 7 ft 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.

Think inclusively!

- Modify pitch sizes within the minimum and maximum size guides.
- Use rolling substitutions to ensure equal playing time amongst the team.
- Allow 'roll-ins' rather than 'throw-ins' to make controlling the ball easier for players with limited movement.
- Use a different coloured football for the engagement of visually impaired players.
- Ensure pitches are clearly marked and try to avoid using facilities with lots of different line markings and poor lighting where possible.
- Ensure referees support the inclusion of deaf players by using flags to signal decisions made.
- Ensure deaf players are permitted to wear hearing aids (if they choose to) during game play.

Relevant web links:

County Schools' Associations Contacts: **www.esfa.co.uk/associations**

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