

# FOOTBALL

## 11 v 11 / 9 v 9

### Quick introduction

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

### Think tactics

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

### Health and safety

- 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.

### Getting started

- 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.



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 to 100 x 60	21 x 7 to 24 x 8	Maximum of 35 minutes per half
Year 10 and 11	9v9 11v11	4	90 x 50 to 100 x 60	21 x 7 to 24 x 8	Maximum of 35 minutes per half

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## Hints and tips

- Consult the challenge cards for more details.
- Keep the pace appropriate to all children – some may benefit from more challenge whilst others may not.

## Keeping it fun

- 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 inclusive!

- Some disabled players participate in mainstream football. This might be because their impairment doesn't affect their ability to play at this level, or simply because they prefer to play with their friends. Within this you can:
- Allow deaf players to wear hearing aids/cochlear implants
- Allow amputees to play using their prosthesis.  
[For guidance follow this link.](#)
- There is also our PAN disability offer, for those who may not wish to take part in mainstream games.

## 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



“I like playing in a team with my mates. We try to win but we don't take it too seriously.”

Pupil

## Sporting ME: Spirit of the Games

*Excellence through competition*



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

“I love it when we score – our team goes mad!”

Pupil

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# FOOTBALL: FUTSAL

## Quick introduction

- Futsal is a fast moving 5-a-side game that can be played inside or outside. Tennis courts and badminton courts are also great spaces to play futsal because they are hard surfaces which have lines which can be utilised for smaller sided training games (eg. 1v1, 2v2, 3v3).
- You can access more information and resources by going to <https://www.thefa.com/get-involved/player/futsal>

## 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.

## Health and safety

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





# FOOTBALL: FUTSAL

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## Keeping it fun

- 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 inclusive!

- Modify pitch sizes within the minimum and maximum size guides.
- Use rolling substitutions to ensure equal playing time amongst the team.
- Use a different coloured futsal for the engagement of visually impaired players.
- Consider our PAN Disability offer.

## 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."

**"I like to play with my friends and socialise.  
It's great because it doesn't matter if  
I make a mistake."**

Pupil

## 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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*Excellence through competition*



**Honesty:** Encourage players to keep their own team foul-count.

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# FOOTBALL: 7-A-SIDE (PAN DISABILITY FORMAT)



## 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.
- To find out more about disability football, please visit [www.thefa.com/disability](http://www.thefa.com/disability)

## Getting started

- 16 x 7 yard goalposts would ideally be used (mini soccer posts are also permissible).
- Two even teams up to 7-a-side to allow smaller games where needed playing for 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.
- 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.
- There is no offside.
- Free kicks are either direct or indirect – players must be five yards away from the ball.

## Health and safety

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



# FOOTBALL: 7-A-SIDE (PAN DISABILITY FORMAT)

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## Hints and tips

- Consult the challenge cards for more details.
- Use the STEP principal to ensure the activity meets the needs of all players - some players may benefit from a greater challenge whilst others may not.

## Keeping it fun

- 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.

## Think inclusive!

- 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.
- Allow roll ins as well as traditional throw ins to assist players with Cerebral palsy.
- Use different coloured ball and clearly marked pitches to support partially sighted players.

**“I like to play with my friends and socialise.  
It's great because it doesn't matter if I  
make a mistake.”**

Pupil

WWW.YOURSCHOOLGAMES.COM

## BIG ideas

- Learn more: research football's disability football pathway and which impairment-specific National Teams there currently are [can be found at this link](#).
- Introduce an electronic scoring system.
- Publish your fixture programme somewhere prominent within the school to let your students know what is going on.



## Sporting ME: Spirit of the Games

*Excellence through competition*



**Respect:** Respect your teammates, opponents and the referee.

