

WHY FOOTBALL & FUTSAL?

SCHOOL
GAMES

What are the benefits of playing my sport?

Football and futsal have 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 and futsal are fantastic sports, both physically and socially for girls and boys in school. Physically the game can help to keep children fit and healthy, while also increasing energy levels within the classroom, with futsal having added technical benefits from the usual football formats. Socially, the game can support in making friends, improve communication skills, develop decision making, leadership and build self-confidence.

A small-sided format provides an excellent opportunity to engage pupils who may not take part in other football teams at the school and offers them a chance to represent their school in a fun and exciting format.

TOP Tip!

The new format of futsal is also an excellent opportunity to engage pupils who may not take part in other football teams at the school and offer them a chance to represent their friends in a new and exciting format.



Spirit of the Games: Excellence through competition.

How does your sport exemplify these values?



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



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



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



Dare to be creative and try new things while focusing on your team objective.



Football and futsal are games that rely on the combined effort of the whole team. Success will be determined by how well individuals come together and strive towards a common goal.



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

Through the School Games, we want to allow young people to participate locally in intra, inter-school competitions and county finals.

Futsal and football in the School Games are positioned separately from the English School's FA, Independent Schools FA football. Through the School Games, The FA, ESFA and ISFA wish to provide opportunities for young people who would not ordinarily have the chance to represent their school in football/futsal fixtures.

Football's key focus and priority work for SGOs in terms of raising participation in Primary Girls (years 5/6) and Secondary Disability football (years 7-11) and for the Futsal format it is Primary (years 5/6) and Secondary for both girls and boys (years 7-10).

Priority competitions – Football:

Name of the competition: Girls Primary Football (years 5/6)

Age group/gender: Years 5 to 6. For girls only.

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 or 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 in association with CSFA and CFA.

Name of the competition: Secondary PAN Disability Football

Age group/gender: Years 7-11 mixed (while mixed participation is permitted at this age group, male and female competitions are encouraged to drive 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.



Continues

Priority competitions – Futsal:

Name of the competition: Primary Futsal (years 5/6)

Age group/gender: Years 5 to 6. For boys and girls, ideally with single sex competitions.

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 in association with CSFA and CFA.

Name of the competition: Secondary Futsal (years 7-10)

Age group/gender: Years 7-10. For boys and girls with max 2-year age banding, ideally with single sex competitions.

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 in association with CSFA and CFA.

Why it is easy to run Futsal competitions

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).

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

Beyond the School Games, there are opportunities for young people to participate and compete. See the links below for opportunities.

<http://www.thefa.com/womens-girls-football/get-involved/wildcats>

www.thefa.com/play-football

www.thefa.com/disability

www.thefa.com/get-involved/player/futsal

<https://schoolsfootball.org/national-competitions/about-our-competitions/>

Young leader/Officials' courses/qualifications available

More information on coaching and refereeing courses and qualifications can be found via the links below.

If your schools are part of a Girls' Football School Partnerships- supported by Barclays, then please speak to the YST national team about the new Leadership through Refereeing – Whistlers course to help introduce more females to refereeing.

<http://www.thefa.com/learning/courses>

<http://www.thefa.com/get-involved/referee/general-information/the-fa-basic-referee-training-course>

<http://www.thefa.com/learning/courses/disability-courses>

<http://www.thefa.com/learning/courses/coaching-futsal-courses>

<http://www.thefa.com/get-involved/player/futsal/coaching-and-refereeing>

<http://www.thefa.com/-/media/thefacom-new/files/get-involved/youth-football/minisoccer-and-youth-futsal-handbook-2018.ashx>

Relevant web links

Futsal resource pack
www.girlsfootballinschools.org



Signposted competitions:

FOOTBALL

The English Schools' Football Association, 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 delivers a wide range of National Competitions. For details on how to enter, please go to www.esfa.co.uk/competitions

Age	Format (maximum format but can play smaller numbers)	Ball size	Pitch size (yards)	Maximum goal size (feet)
Year 3	5v5	3	30 x 20 to 40 x 30	12 x 6
Year 4	7v7	3	50 x 30 to 60 x 40	12 x 6
Year 5 and 6	7v7	4	50 x 30 to 60 x 40	12 x 6
Year 7	9v9	4	70 x 40 to 80 x 50	16 x 7 and 21 x 6
Year 8 and 9	9v9	4	90 x 50	21 x 6
	11v11	4	100 x 60	24 x 8
Year 10 and 11	9v9	5	90 x 50	21 x 7
	11v11	5	100 x 60	24 x 8

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?

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.
- Optional power play - If a team is losing by a four goal difference they can put an additional player on – so 7v7 becomes 8v7. If the score returns to less than a four goal difference the team takes off a player. It does not have to be the last player to come on. If a team goes on to be losing by a six goal difference a further additional player can be added – so 8v7 becomes 9v7.

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.

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 featuring 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.

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.

Relevant web links

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

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

Relevant web links

Refer to previous links.

Simple rules:

Rules of mini-soccer apply apart from the following variations:

- 16 ft x 7 ft goalposts would ideally be used (mini soccer posts are also permissible).
- Two even teams up to 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.
- 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.

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.

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. County FAs and grassroots football clubs across the country can provide Pan Disability and Impairment Specific pathways for sustained participation beyond the School Games. Contact your local County FA for more information'

Primary or Secondary:
Primary (Girls and Boys)

Name of competition:
Futsal

Age Group:
Years 5 and 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 futsal apply apart from the following variations:

- Recommended to play two equal periods of up to 20 minutes in each period (recommended ten max)
- Recommended Goal size 3 x 2 metres / 9.8 x 6.5 feet
- Rolling substitutes
- 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 metres from the ball at the taking of free-kicks, corner kicks and kick-offs.
- Optional power play: If a team is losing by a four-goal difference they can put an additional player on – so 5v5 becomes 6v5. If the score returns to less than a four-goal difference, the team takes off a player. It does not have to be the last player to come on. If a team goes on to be losing by a six-goal difference a further additional player can be added – so 6v5 becomes 7v5.

All age groups are 5v5, and recommended goals are 3m across x 2m in height.

Age	Ball Size	Pitch Size
Year 3	Futsal 3	25-42m x 15-25m / 27-46yds x 16-27 yds
Year 4	Futsal 3	25-42m x 15-25m / 27-46yds x 16-27 yds
Year 5 and 6	Futsal 3	25-42m x 15-25m / 27-46yds x 16-27 yds

Relevant web links

Refer to previous links.

Think Inclusively!

- 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.

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 featuring 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 intraschool futsal intra-school competition and extra-curricular clubs can grow the base of players to allow schools to enter teams into Inter-School Competition level competitions.

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

Through the School Games, we want to allow young people to participate locally in intra school competition, inter-school competition and County Final - inter-school competition activity. Any discussions regarding inter-school competition and

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.

Competition card 2

Primary or Secondary:
Secondary (Girls and Boys)

Name of competition:
Futsal

Age Group:
Years 7 to 10
(2-year age banding)

How to enter:
Via your local SGO

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

Simple rules:

Rules of futsal apply apart from the following variations:

- Recommended to play two equal periods of up to 20 minutes in each period
- Recommended goal size 3 x 2 metres / 9.8 x 6.5 feet
- Rolling substitutes
- 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 metres from the ball at the taking of free-kicks, corner kicks and kick-offs.
- Optional power play - If a team is losing by a four-goal difference they can put an additional player on – so 5v5 becomes 6v5. If the score returns to less than a four-goal difference, the team takes off a player. It does not have to be the last player to come on. If a team goes on to be losing by a six-goal difference a further additional player can be added – so 6v5 becomes 7v5.

All age groups are 5v5, and recommended goals are 3m across x 2m in height

Age	Ball Size	Pitch Size
Year 7 and 8	Futsal 3	25-42m x 15-25m / 27-46yds x 16-27 yds
Year 9	Futsal 4	25-42m x 15-25m / 27-46yds x 16-27 yds
Year 10 +	Futsal 4	25-42m x 15-25m / 27-46yds x 16-27 yds

Think Inclusively!

- 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

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 featuring 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 futsal competitions and regular extra-curricular clubs can grow the base of players to allow schools to enter teams into inter-school competitions.

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

Through the School Games, we want to allow young people to participate locally in intra school competition, inter-school competition and County Finals - inter-school competition. Any discussions regarding inter-school competition and County Final - inter-school competition, futsal competition should include the County Football Association and County Schools' Football Association.

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.