

**Them playing
the game**



You playing your part

All you need to know to create
the environment where
everyone can enjoy football.

Download a smartphone version of this guide at: www.thefa.com/ForAll

#PlayYourPart

Environment so we can all enjoy the game

...e in the world. It is played
...lobe than any other sport.
...y earn a living. But for
...play the game, it is a fun,
...enjoyed.

...the game more, by creating
...g them to play with freedom.
...y encouraging them to
...s simply #LetThemPlay

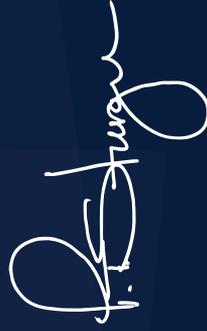
"Enjoyment is central to football, particularly for children. While some set out on the pathway to becoming a professional, the vast majority play the game for fun. It's important that everybody involved in the sport helps maintain a positive environment that allows children to play freely."



Gareth Southgate

"Children have a massive capacity to think and behave creatively. An effective coach will support and encourage this in the football and Futsal games that they play. We want our players to play with freedom and enjoyment."

Peter Sturges



How to make match day enjoyable for everyone

The better the environment we create for the players, the more everyone will enjoy the game. Greeting the opposition and the referee, putting on refreshments, appointing a Match Day Manager, are all ways in which any club at any level can start to make a difference on the day.

GOOD PRACTICE

- ✔ Issue a Code of Conduct to everyone involved at the start of the season.
- ✔ Whatever your role – coach, parent, player, referee – turn up in good time.
- ✔ All players play a minimum 50%.
- ✔ Coaches to stay in the technical area, unless a player is injured.
- ✔ Spectators behind the barrier on the opposite side of the field.
- ✔ Applause for good play for BOTH teams.
- ✔ Only the coach to issue instructions to the players.
- ✔ Respect Handshake before the game.
- ✔ Handshakes all round after the game – regardless of the score.
- ✘ No spectators behind the goals.
- ✘ No shouting at the referee.

RESPECT

- ✔ If we do not respect the opposition and ourselves, we do not respect the game.
- ✔ Support the referee.
- ✔ Treat the opposition with respect.
- ✔ Let the referee do his job.
- ✔ Remember to be polite.
- ✔ You are all part of the team.
- ✔ Applause for good play for BOTH teams.
- ✔ Make a difference.
- ✔ Do not shout at the referee.
- ✔ No spectators behind the goals.
- ✔ No shouting at the referee.

"The fact is that kids learn to make good decisions by making decisions, not by following directions."

Alfie Kohn

Lecturer in Education and Psychology



Options for the game

Junior football



U9/10s

Format: 7 v 7

Match length: 25 mins E/W

Player game time: 60 mins/day, 90 mins/comp

Pitch size: 60yd x 40yd

Ball size: 3 for U9s, 4 for U10s

Goal size: 12ft x 6ft

COMPETITIONS

Four weeks of trophy events, three times a season

KEY LEARNINGS

- acquiring skills
- trying my best



U11/12s

Format: 9 v 9

Match length: 30 mins E/W

Player game time: 80 mins/day, 120 mins/comp

Pitch size: 80yd x 50yd

Ball size: 4

Goal size: 16ft x 7ft

COMPETITIONS

Six weeks of trophy events, three times a season. U12s as U13/14s

KEY LEARNINGS

- being part of a team
- game play



U13/14s

Format: 11 v 11

Match length: 35 mins E/W

Player game time: 100 mins/day, 150 mins/comp

Pitch size: 100yd x 60yd

Ball size: 4

Goal size: 21ft x 7ft

COMPETITIONS

Any varieties including one season-long league table

KEY LEARNINGS

- taking responsibility
- positional awareness



U15/16s

Format: 11 v 11

Match length: 40 mins E/W

Player game time: 100 mins/day, 150 mins/comp

Pitch size: 110yd x 70yd

Ball size: 5

Goal size: 24ft x 8ft

COMPETITIONS

any varieties including one season-long league table

KEY LEARNINGS

- in-game decisions
- tactical appreciation

Practice for coaches

You can play a huge part in creating the match day environment that the players, but the match officials and those watching too. The role model that youngsters will remember for the rest of their lives.

Things you can create that positive environment.

- If yourself and give players information and the team.
- The available game time team spirit. You could plan game.
- To measure development. Individual player targets.
- Not involved unless they put instead of doing a out the game, let the them to make mistakes

- Advanced technical coaching terms can confuse young players. Try to use appropriate language.
- Instead of getting anxious and uptight on match day, try and relax and enjoy it. Remember don't shout at match officials, children could copy your behaviour.
- Reward effort rather than just ability.
- No one enjoys it when a game ends with an angry post mortem. You could save your feedback until training night. Always try and be constructive whatever the result.

These players are starting on their football journey, remember how much you enjoy the game and pass it on to them!

Match day best practice for parents

Whether you played yourself, or if you are new to football, the game is a great activity by all the family. Kids love playing, and they like their parents to take an interest. When mums and dads get too involved from the touchline, or put too much pressure

The FA asked young players up and down the country why they play the game.

Here are the top six reasons:

- *Trying my hardest is more important than winning.*
- *I love playing football because it's fun.*
- *It helps keep me fit and healthy.*
- *I like meeting new friends through football.*
- *It's a really good game and I love it.*
- *I like playing with my friends.*

Match day tips

- ✓ Do offer praise, encouragement and applause – for both sides.
- ✓ Do stand in the designated area for spectators.
- ✗ Don't issue instructions from the touchline.
- ✗ Don't follow your son/daughter up and down the touchline.



Useful information and contact details



SAFEGUARDING

For more information on Safeguarding children within football, best practice guidance, including how to report a concern go to: www.thefa.com/football-rules-governance/safeguarding

If the matter is urgent and you cannot contact your Club's welfare officer, you can call The NSPCC 24-hour helpline on 0808 800 5000 – or if it is an emergency because a child or children are at immediate risk, then call the police or children's social care in your area and let us know via: safeguarding@thefa.com

DISCRIMINATION & EQUALITY

The FA is working hard to make football a game For All, for more details of our work look here: www.thefa.com/football-rules-governance/inclusion-and-anti-discrimination

At the same time we want to make sure no-one is excluded from being involved, so if you see or experience discrimination in the game, tell us here: equality@thefa.com. If you want to know more about coaching diversity bursaries, girls football, disability football or faith and football just drop us an email at: info@thefa.com

#PlayYourPart

DISABILITY PLAYER PATHWAY

Did you know that disability football is the seventh largest participation team sport in the country?

There are player pathways in place from grassroots where there are now 1991 affiliated disability teams, through to a talent pathway which has 600+ individuals engaged and six impairment specific international squads that compete in World and European Championships. To find out more visit: www.thefa.com/disability

FUTSAL

Futsal is an exciting, fast paced modality of football that originates from South America in the 1930s. It is played across the world in a format that is officially recognised by both UEFA and FIFA.

The nature of the game places a large emphasis on technical skill and ability in situations of high pressure. Many of the top world class footballers played Futsal in their youth and credit it with supporting their footballing development, when played and coached correctly. Check: <http://www.thefa.com/get-involved/player/futsal/what-is-futsal> for more info.