

Value: Sport as a human right
Activity: Practicing adapted Football skills



GENERAL GOAL

Students gain information about the opportunities for persons with various disabilities to take part in sports activities.

SPECIFIC GOALS

- To experience specific adapted Football skills from different body positions and abilities.
- For students to respect and gain insight about athletes with a disability and their ability to play adapted forms of Football.

ENVIRONMENT

Large court with flat/hard surface.

SUGGESTED EQUIPMENT

- Amputee Football
 - A pair of crutches per student.
 - Regular footballs.
 - Goalposts (size adapted to age of the students).
- Wheelchair Football
 - Wheelchairs.
 - Large light ball (approximately 1.5m diameter).
 - Goalposts (e.g., benches, tape, cones, etc.).
- Both
 - Whistle.
 - Fluorescent jackets.

PEOPLE INVOLVED IN THE ACTIVITY

Session leader and assistants.



STARTING THE ACTIVITY

Football is an excellent sport to be used for students to gain insight into the basic principles of adapted physical activities and sport. Therefore, the session leader gathers the students and initiates a discussion based on the following questions:

- What kind of experience do you have with Football?
- In which different ways do you think Football can be played?
- Do you think that persons with a disability play Football?
- Can you think of possible adaptations for wheelchair users, persons with blindness/visual impairment or single leg amputations which will enable them to play football?

The session leader listens to the creative suggestions of the students, and steers the discussion towards the true adaptations that need to be made for the activities (Wheelchair Football and/or Amputee Football). Following the discussion, the session leader puts their suggestions into actions through game play.

RUNNING THE ACTIVITY

Depending on the available equipment, Wheelchair Football and/or Amputee Football is played.

- Practice dribbling, passing and shooting exercises.
- Play the game.

An additional activity could be to introduce and play 5-a-Side Football for athletes with blindness/visual impairment.

GUIDELINES FOR ADAPTATION TO YOUNGER PARTICIPANTS

- Use various size balls (size, weight, texture, colours).
- Use a smaller playing field and easy forms of practicing the exercises (see pages 3-4 of this card).

GUIDELINES FOR ADAPTATION TO OLDER PARTICIPANTS

- Allow more time for regulation (modified) game play.
- Let the students act as a referee.

REFLECTION

At the end of activity session leader will initiate a discussion related to the goal of this activity.

Sample Questions

- How did you feel when playing Amputee/Wheelchair Football? What was most difficult?
- How would you describe Amputee/Wheelchair Football?
- What skills and abilities must one gain to become an elite adapted Football player?
- What difficulties might these players face in daily life situations? How might they overcome those difficulties?
- Can you think of an adaptation of Football for persons with blindness/visual impairment?
- In which way is Amputee/Wheelchair Football different from able-bodied Football?
- Are the similarities clear enough to still name it Football?

amputee football

- Duration:** 2 x 25 minute halves with a break not exceeding ten minutes.
- Court:** 40m x 25m outdoors or any indoor playing area.
- Players:** Maximum of seven players on the field per team, including one goalkeeper. Each team may have seven substitutes.
- Classes:** Field players (leg amputees) and goalkeepers (arm amputees).
- Rules:** Compared to able-bodied Football, the "throw-in" shall be replaced by an indirect free kick taken at the point where the ball crosses the touch line. The offside rule shall not apply and the goalkeeper is not allowed to leave the goal area during match play. Other than that able-bodied Football rules are followed.
- Non-playing limb:** The non-playing limb shall not be used to play/control/direct the ball. Any intentional contact between non-playing limb with the ball is dealt with as in a "hand-ball" violation in able-bodied Football.
- Official rules:** www.ampsoccer.org.



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paralympic football

Did you know that the two sports played at the Paralympic Games are Football 5-a-Side for athletes with blindness/visual impairment and Football 7-a-Side for athletes with cerebral palsy. To find out more about these two sports, please visit www.paralympic.org in the 'Summer Sports' section.

wheelchair football

Wheelchair Football is not an official Paralympic Sport, but an adapted physical activity that can be played in several ways. The below rules are a suggested variation for the Paralympic School Day project:

Duration: 2 x 15 minute halves with a 5 minute break.

Court: Regular volleyball court (18m x 9m).

Players: Five players on the field for each team.

Objective: The aim of the game is for either team to score more goals than the opposing team. A goal is scored when the ball crosses the end line of the court.

Rules: Two players perform the kick off at the centre of field at the beginning of each half time and after each goal. The other players are 3m from the ball and a goal can not be scored directly from kick off. The ball is played by any part of upper body or wheelchair.

Ball: Light weight ball with minimal 0.5m diameter.



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The official rules of Football 5-a-Side can be found at www.ibsa.es.
The official rules of Football 7-a-Side can be found at www.surf.to/cpisra.

LINKS

Website: www.paralympic.org/release/Summer_Sports
PSD Manual: Section One, Chapter 8

