

# CP SPORT

cerebral palsy sport

# Frame Football Skills Cards



Find out more about CP Sport at  
[www.cpsport.org](http://www.cpsport.org) or contact  
[info@cpsport.org](mailto:info@cpsport.org)

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# Introduction

## ► Who are Cerebral Palsy Sport?

Cerebral Palsy Sport is recognised as one of the National Disability Sports Organisations improving the physical and emotional wellbeing of people with cerebral palsy through physical activity, and engaging the community in a number of programmes and interventions.

## ► What is Frame Football?

Frame Football is an adapted format of football designed for people who require the support of a walking aid such as a frame/walker.

The adapted and inclusive game was designed to enable children, young people and adults, who were previously unable to play football, the opportunity to play with ambulant or non-disabled players.

It is a new way to play the beautiful game of football.

These skill cards have been developed to support individuals to play frame football at home, in the garden or in outdoor spaces with family and friends. They are a great resource to keep players practising and engaged in football.

Clubs can also use these cards to support their players.

## ► Find out more

Interested in finding out more about Frame Football? Cerebral Palsy work closely with The FA and County FAs to develop club opportunities.

Club Finder: [www.cpsport.org](http://www.cpsport.org)

Your local County Football Associations (CFA):  
[www.Englandfootball.com/explore/county-football-associations](http://www.Englandfootball.com/explore/county-football-associations)

## ► Using the Skills Cards

What you will need:

► **A Game Frame or Kaye Walker\***

► **A football**

► **Markers** – cones, cans, flat discs, sheets of paper/card or even pillows. You can be creative with items you have at home

► **Sponge ball** or some scrunched-up pieces of paper

► **Space** – all of the activities can be done inside the home, the garden or in the park

CP Sport have partnered with Quest to provide a Game Frame Rental Service. Along with the frame, you will also receive a football and access to online 1-1 coaching.

For more information [www.cpsport.org/events](http://www.cpsport.org/events)

If you would like to find out more about how to support others to play, The FA has a free online BT Playmaker course:  
[thebootroom.thefa.com/learning/qualifications/the-fa-playmaker](http://thebootroom.thefa.com/learning/qualifications/the-fa-playmaker)

\* A Game Frame is a frame specially designed for frame football, that allows for more ball movement and control and also multidirectional movements.

# Introduction



## STEP Principle

The principle of 'STEP' stands for SPACE, TASK, EQUIPMENT, PEOPLE

It is a tool sports coaches and PE teachers use for two reasons. Firstly, to allow activities to be fully inclusive and accessible for everyone involved; and secondly, to increase and decrease the level of challenge or difficulty for the participants playing to support their enjoyment, motivation and learning.

It will work in any environment; whether that's at home, in the garden or at the local park.

**SPACE** – What areas can you make use of?

- ▶ **Surface** – A hard floor, such as wood may mean the ball rolls faster or is more accessible to move on, whereas a softer surface such as grass or carpet may slow the ball down and provide some cushioning.
- ▶ **Distances** – to make tasks easier, stand closer to targets. To make it more challenging, move further away so you must hit the ball harder to reach the target.

**TASK** – Altering the tasks in a game is a great way to make activities inclusive and to vary the level of challenge.

- ▶ **Time** – Use a timer and see how many repetitions you can complete in that time.
- ▶ **Scoring** – Use a scoring system, for example points for hitting a target, give yourself a set number of attempts and record your score. Repeat and try to beat your score.
- ▶ **Discovery** – Practise using different parts of your feet to manipulate and move the ball.

**EQUIPMENT** – Think about the objects you can use within the home to play games.

- ▶ **Targets** – Plastic bottles, baskets, chairs, pillows, boxes and even cuddly toys make great things to aim at.
- ▶ **Markers** – You can use cones or cans to create gates or goals. Flat discs are ideal, but you can also use pieces of paper as targets to dribble over/around. Be creative with what objects you can use as part of your equipment to practise with.
- ▶ **Ball** – You can use an under-inflated ball, which will move slower and makes it easier to control and keep close, or even a balloon, which is lighter to practice with.

**PEOPLE** – You can play on your own, but it is worth considering who else may be able to play with or against you or to support you playing the game.

- ▶ You can play with a partner, who could be a family member or friend. You can play together or against each other. They can also help with timing you and counting scores.



# Introduction

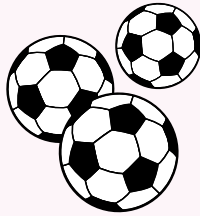


## ► Challenge Progressions



### The 3-Step Challenge

Test yourself with The 3-Step Challenge. Wherever you see the image of three footballs, have three attempts at performing that activity and aim to beat your score by the third attempt.



### Super Challenges

Each of the skill cards have several challenges to try with tips on how to make them easier or harder.

Once you feel confident with the individual skills, try combining them. Some examples could be:

- Receiving the ball, and then pass
- Dribble the ball to then pass
- Turn with the ball to shoot
- Turn with the ball, dribble then shoot

## SAFETY TIPS for at home or outdoor spaces

- When playing frame football, it is really important to make sure the area is safe. Ensure there are no obstructions, (other than the required equipment you are using), in and around the area where you are playing.
- Flat surfaces are ideal as the frame wheels move more easily on flat surfaces. Frame football activities can be done on grass and artificial grass surfaces. Be mindful when playing on concrete surfaces in case of any trip hazards.
- It is important to stretch before and after activity. The Association of Paediatric Chartered Physiotherapists (APCP) has produced a guide on stretching which we would recommend: <https://apcp.csp.org.uk/publications/exercisesframe-football>
- Take regular breaks and drink water in between activities.
- Trainers are ideal to wear when taking part in the activities. Make sure laces are tied so that they don't get caught in the frame or create a trip hazard.



# 1: Master the Ball – key points

## Developing skills to move the ball and keep it close to you

- ▶ Get yourself balanced and ready on the frame.
- ▶ Position the football so you can move it with your feet.
- ▶ When moving the ball, try to use different parts of your foot, and alternate feet if possible.
- ▶ When moving the ball, try to keep it close and under control whilst keeping your head up to be aware of your surroundings.



# 1: Master the Ball - challenges



## TOE TAPS:

- ▶ Touch the top of the ball lightly and then place your foot back on the floor behind the ball.
- ▶ If you need to make it easier, try in a seated position.

### Have a go:

- ▶ Increase the speed of your toe taps.
- ▶ Have a go using the same foot or try alternating your feet.
- ▶ Can you perform toe taps whilst moving forwards and backwards?



## INSIDE FOOT TAPS

- ▶ Tap the ball between your feet, moving the ball side to side.
- ▶ Have your knees slightly bent if you can.
- ▶ To make it easier, try in a seated position.

### Have a go:

- ▶ Can you perform inside taps whilst moving forwards and backwards?



## DRAG, ROLLS & PUSHES

- ▶ Start with the ball in line with the front wheels or just in front. Using the bottom of your foot, drag the ball back towards your standing foot.
- ▶ Roll the ball forward to return to the start position using the bottom of your foot.
- ▶ To make it easier, try in a seated position.

### Have a go:

- ▶ Try and use your laces to push the ball after you have dragged it back.
- ▶ Use your other foot.
- ▶ Increase the speed of your rolls.
- ▶ Can you write your name with the ball using drags, rolls and pushes?



## 3-step challenge

Select one of the movements and see how many times you can do it in a set time. Have three attempts and try to beat your score each time.



Can you be creative to design your own challenge that combines these different movements to keep the ball close to you and under control?



# 2: Travelling with the Ball – key points

## **Dribbling** – moving the ball while travelling, keeping the ball close and under control

- ▶ When dribbling in small spaces you need to keep the ball close to your feet, ready to stop it and bring it back to your frame.
- ▶ Try and keep the ball in front of you.
- ▶ Use small touches on the ball to keep the ball close to your feet whilst moving.
- ▶ If you need to, you can use the front wheels of the frame to keep the ball close in between touches. This will help with control.
- ▶ Try to use different parts of your feet to move the ball forward:
  - Top of your foot (laces)
  - Front of your foot (toe)
  - Inside/outside of your foot
- ▶ Make contact with the middle of the ball to make it move in the direction you want to go.
- ▶ Take steps in-between each touch. Try to look up instead of looking down at the ball when the ball is in front of you.

## **Running with the ball** – when you have lots of space in front of you.

- ▶ Similar key points as dribbling.
- ▶ Where space permits, try taking bigger touches to allow you to move faster.





# 2: Travelling with the Ball – challenges

## CONTROL ON THE GO

- ▶ Space out two markers (cones/cans or other household items).
- ▶ Starting at one marker, dribble the ball to the other marker, taking as many touches as you can.
- ▶ The ball must move forward after each touch.
- ▶ To make it easier, bring the markers closer.
- ▶ Use the front wheels of the frame to help control the ball.

### Have a go:

- ▶ Increase the distance between markers.
- ▶ Try alternating feet between each touch
- ▶ Spread out markers to dribble around.



## THE WAY AROUND

- ▶ Place some markers in a space. The aim is to dribble around the markers without the ball touching them.
- ▶ To make it easier, use one marker to give you more space.
- ▶ Use the front wheels of the frame to help control the ball.

### Have a go:

- ▶ Spread the markers out.
- ▶ Try using alternate feet when dribbling.



## ON THE DOT

- ▶ Space out some markers or pieces of paper.
- ▶ Dribble the ball to a marker and stop the ball on top of it. Then move to another marker and so on. Then return to the start position.
- ▶ To make it easier, use bigger markers or just touch the marker with the ball instead of stopping the ball on top of the marker.

### Have a go:

- ▶ Use different coloured markers and ask a friend/family member to call out the colour to aim for.
- ▶ Increase your speed when dribbling between the markers.
- ▶ Set yourself a time and hit as many targets as you can.



## 3-step challenge

Count how many touches you can take to move the ball between the markers.

Have three attempts, and try to beat your previous score.





# 3: Turns – key points

## Changing direction – this can be sideways or backwards

### ► Turning with the frame:

- Use the front wheels to turn the frame, keeping the wheels in contact with the floor to allow you to regain control of the ball.
- Some people find it easier to lift the frame and turn it – this is ok to do, but it is best to try and keep the wheels on the floor as it provides the individual with better stability from the frame.

► **Turning to the side** – using the outside or inside of the foot, push the ball out so it passes under the side of the frame. You can use either foot to send the ball in the same direction. e.g. – to turn right you could use the outside of your right foot or the inside of your left foot.

► **Turning backwards** – make sure your standing foot is positioned to the side of the frame leaving a gap to drag the ball backwards using the sole of your other foot. If needed, take a couple of touches to do this. The ball should roll under the back of the frame, but make sure you don't roll the ball far away.



# 3: Turns – challenges

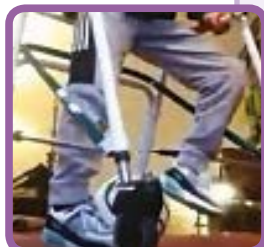
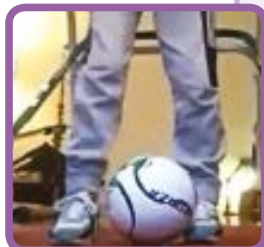
## SIDE TURN:

**ball exits under the side of the frame**

- ▶ Tap the ball out to the side of the frame. Once the ball has passed under the side of the frame, turn to that side. You can then use the inside of the foot to move the ball forward.
- ▶ Try using the inside/outside of your foot to turn.
- ▶ To make it easier, turn with the ball in front of the frame.
- ▶ Use the front wheels of the frame to help move the ball.

**Have a go:**

- ▶ Can you complete a 360-degree turn?
- ▶ Try turning both ways.
- ▶ Try and turn in the fewest number of touches with the ball.



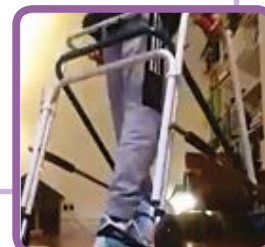
## DRAG BACK TO TURN:

**ball exits under the back of the frame**

- ▶ Drag the ball back towards you to pass underneath the back of the frame.
- ▶ Once the ball passes under the back of the frame, turn around with your frame to regain control of the ball.
- ▶ To make it easier, take more touches with the ball and then turn.

**Have a go:**

- ▶ Perform with both feet.
- ▶ Can you drag and turn with one touch of the ball?
- ▶ Have a go at using your heel to knock the ball behind you and then turn.

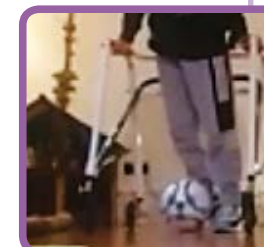


## MARKER RELAY

- ▶ Set out markers (in a distance you feel comfortable with and within the space available. It could be two metres).
- ▶ Start at one marker and dribble the ball to the other marker, turn and dribble back to the start.
- ▶ To make it easier, try moving slower.

**Have a go:**

- ▶ Increase the distance between the markers.
- ▶ Use a range of turns.



## 3-step challenge

Set a timer and complete as many turns as you can in that time. Have three attempts, and try to beat your previous score.



# 4: Passing – key points

## Releasing the ball to a target or friend

- ▶ Passing is an important part of football. When sharing the ball with a teammate, you need to think about how hard or how soft you pass it so they can control it.
- ▶ Try playing with a partner, such as a family member or friend. You can practise passing on your own too by using a target or a wall.
- ▶ Ensure your legs and body are steady before you begin your pass.
- ▶ Look at where you want the ball to go, shout the name of your friend/ partner and when they look at you, you can pass the ball to them.
- ▶ When your foot makes contact with the ball, it is ok to look at the ball whilst you are kicking it. Angle your frame to give you a better range of movement.
- ▶ Use different parts of your feet to strike the middle of the ball and send it to your partner or to the target you are aiming for. See what works best for you.
- ▶ Consider how hard you need to hit the ball to reach your partner or target.



## Receiving and Control

- ▶ If you are playing with a partner or a teammate it is important to control the ball when they share it with you.
- ▶ Get ready to receive the ball by making eye contact/looking at your partner (you can also shout their name and ask for the ball too).
- ▶ Ensure you are balanced and ready.
- ▶ As the ball is travelling towards you, you might need to move to get in line with the ball.
- ▶ You can try using the bottom, inside, or outside of your foot, or your laces to control the ball, but your touch must be soft to keep the ball close to you.



# 4: Passing – challenges

## PASS

- ▶ With a partner, stand apart. Pass the ball to their feet and they will pass it back.
- ▶ You could use a wall to rebound the ball back.
- ▶ To make it easier, stand closer to your partner/target.

### Have a go:

- ▶ Increase the distance between you and your partner/target.
- ▶ Pass with your other foot.



## THROUGH THE GATES

- ▶ Set up 2 markers to create a gate. The aim is to pass the ball between the markers without touching them.
- ▶ You can do this activity with a family member or friend, or against a wall.
- ▶ To make it easier make the gate bigger.

### Have a go:

- ▶ Can you pass with 1 touch through the gate?
- ▶ Gradually decrease the width of the gate
- ▶ Set up a couple of gates. Pass through one and move on to the next gate.

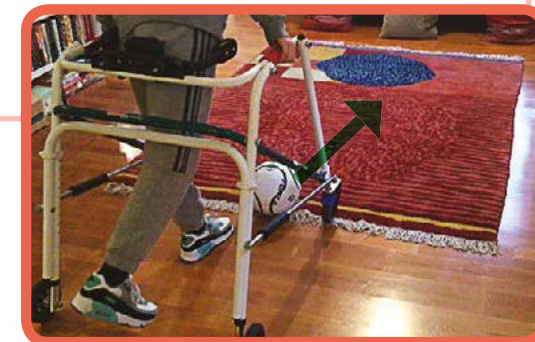


## TARGET

- ▶ Place down some targets. Cushions are a good option.
- ▶ The aim is to pass the ball to hit the target.
- ▶ To make it easier, move closer to the target.

### Have a go:

- ▶ Use a smaller target. You could use a chair and aim to hit one of the chair legs.
- ▶ Use some cones, toilet rolls or plastic cups as skittles and try to knock them down.



## 3-step challenge

Set a timer and count how many passes you can make with your partner or against a wall in that time. Have three attempts and try to beat your previous score.





# 5: Shooting – key points

## Kicking the ball to a goal or target to score

- ▶ Have the ball in front of you, not in the frame with you.
- ▶ Look at the target (space in the goal). Then look at the ball ready for contact.
- ▶ Plant your standing foot in a place that is comfortable for you (alongside the ball is a good place to try).
- ▶ Aim for the middle of the ball and make strong contact with the part of the foot you have chosen to strike with. If you are using the inside of your foot, turn the frame at an angle to allow for a better range of movement.
- ▶ When kicking the ball, swing your foot in the direction you want the ball to go as you make contact.
- ▶ You can get a lot of power in your shots, so grip your frame firmly and lean on it to keep your balance.



# 5: Shooting – challenges

## TOP SCORER

- ▶ Make a goal using markers or objects (e.g., pillows or cans) with whatever space you have. It is helpful to put them by a wall where possible.
- ▶ The aim is to kick the ball into the goal to score.
- ▶ To make it easier, stand closer to the goal or make the goal bigger.



### Have a go:

- ▶ Move further away from the goal.
- ▶ Make the goal smaller.
- ▶ Put markers in the goal to aim for. Give each marker a different point. You score the number of points for hitting each marker.
- ▶ Change your position to the goal, move to the side and try to score from a different angle.

## BEAT THE KEEPER

- ▶ Create a goal, and within the goal, place a pillow or object covering the middle (like a goalkeeper).
- ▶ The aim is to score by getting the ball into the goal without the ball touching the goalkeeper.
- ▶ To make it easier, move closer to the goal, place a smaller object in the goal or make the goal bigger.



### Have a go:

- ▶ Place a bigger object in the goal.
- ▶ Ask a friend or family member to pass you a ball, control it and then shoot.
- ▶ Ask a friend or family member to be the goalkeeper.

## KNOCK IT OFF

- ▶ Set up a couple of cones or cans and place either a soft small sponge/ tennis ball or a screwed-up piece of paper on top.
- ▶ The aim is to kick the ball at the target to knock the object off the top.
- ▶ To make it easier, move closer to the goal.



### Have a go:

- ▶ Use smaller objects in the goal.
- ▶ Change your position to the goal, move to the side and try to score from a different angle.

## 3-step challenge

Count how many goals / points you can score in one minute. Have three attempts and try to beat your score.

