

A group of four young women are shown in a close-up, smiling and looking at a smartphone together. The woman on the right has curly hair and is laughing. The woman in the foreground is looking down at the phone with a wide smile. The background is a bright, sunny outdoor setting with a clear blue sky and some trees.

A GUIDE TO THE FA GIRLS' FOOTBALL WEEK

6th – 12th November



INTRODUCTION



It's that time of year again - FA Girls' Football Week is back this November! We are encouraging as many organisations as possible to put on sessions to celebrate FA Girls' Football Week and give even more girls the chance to play football. Hopefully these will prove popular and will continue to run throughout the academic year, giving girls the opportunity to play regularly and enjoy their football, which we know is crucial to increasing participation in the long term. I'd like to take this opportunity to thank you for your much-valued work in helping more girls than ever play football this November and supporting our aim to double female participation by 2020. We hope this guide is useful in helping you decide how to get involved with FA Girls' Football Week and we wish you the best of luck with your activity.

KELLY SIMMONS MBE

FA Director of Football Participation
and Development

WHAT IS THE FA GIRLS' FOOTBALL WEEK?

The FA Girls' Football Week is your opportunity to engage as many girls as possible in football. The national campaign will help to achieve our aim to double the number of females playing football by 2020. During The FA Girls' Football Week the whole country will gear up to encourage football activities for girls, which can include playing, training or even simply learning more about the beautiful game. Organisations can register their ongoing activities as part of the week, or maybe even start something brand new to kickstart girls' football. It's a great chance to recruit new players and volunteers.

The type of activity you run during the week is completely up to you but to help you decide what to do we've created this guide with lots of other resources. This includes guidance on ensuring all activities are fun and safe for everyone involved, maximising enjoyment and minimising risk. Please register your FA Girls' Football Week activity and tell us your plans for the week, and once registered you will have access to all the resources you need to support you!

Follow this link to register www.FAgirlsfootballweek.com/form



ALL YOU NEED TO GET INVOLVED...

...IS A FOOTBALL, A FUN, SAFE ENVIRONMENT AND SOME GIRLS – THAT’S IT!

Any girl can be involved regardless of experience or knowledge of the game. We need everyone to spread the word to get more girls than ever playing football and having fun!

HERE ARE SOME IDEAS FOR HOW YOU CAN GET INVOLVED

Clubs

- Run a football festival for current and new players
- Include fun festival activities to encourage new players and parents to come to the event such as face painting, music and coaching sessions
- Deliver ‘turn up and play’ or ‘have a go’ sessions throughout the week at your club allowing new players to give football a try
- Visit your local schools and deliver taster sessions
- Hold a football party at your club, you could use a Women’s Super League (WSL) theme
- Try Soccercise (www.TheFA.com/Soccercise) or ‘football to music’
- Encourage all your existing footballers to bring a friend to your session

Schools / Colleges / Universities

- Activities on campus in hotspot areas when groups of students meet/congregate
- Accommodation block, courses and/or departmental challenges
- Linking multi-sports together – football tennis, footgolf, football rounders
- Cross-sport participation events – 30mins Basketball and 30mins Football – which sport is the winner?
- Promote workforce opportunities in football/Female Coach CPD day linked with County FA
- UV Football/Glow in the Dark indoor football
- FE/HE Festivals
- Player/participant profiles to showcase the different entry and player level engaged in activity
- BUCS Focus day on BUCS competition

ALL YOU NEED TO GET INVOLVED...

- Invite a local club to your institution to deliver sessions
- Run a football festival for current and new players with local schools/colleges/universities
- Deliver a women and girls football assembly and include a women and girls football quiz
- Invite a female player from a local women's team to do a Q&A session
- Encourage senior students to plan a week of football for girls
- Encourage girls to research the Women's Super League and feedback facts on their favourite team
- Why not ask players to write a diary entry from the point of view of a Women's Super League (WSL) fan about supporting their favourite team at the weekend
- Players could write a radio advert script to encourage people to watch and support the Women's Super League (WSL)



THINK INCLUSIVELY!

All the general principles of how to plan and deliver football sessions and activities are equally applicable when working with players with Special Educational Needs and Disabilities (SEND).

In addition, you will need to think carefully about the following:

- Whether additional safety checks are necessary
- The need for individual goals may be more important
- How to adapt the way you deliver and organise the session to accommodate everyone
- The length, intensity and frequency of sessions as well as the drills or activities within each session. For example, some players with SEND may tire more quickly, others may need regular rests, some have difficulty regulating temperature and need to rehydrate more frequently

You may also need to:

- Be creative in finding a variety of ways to explain or develop a particular skill
- Adapt drills and warm-ups to accommodate the needs of particular athletes
- Modify equipment and adapt rules to maximise opportunities for participation and ensure success



THINK INCLUSIVELY

Inclusion can be achieved by adopting a variety of approaches, depending upon the needs of the individual. Sometimes no adaptations will be required but here are a few ideas for you to consider:

- **Space** - Altering the space in which the activity is taking place can help to change the focus of the session, or to make things easier or more challenging. Space can be altered in size (bigger or smaller), shape (e.g. square, circle) or the use of space (end zones, channels).
- **Task** - Taking part in the same activity, players can be given parallel tasks according to their ability level. An example using a passing drill would be for one group to pass the ball around a circle, the second group would pass the ball with a defender in the middle whilst the third group would pass whilst moving in an area with a defender.
- **Equipment** - Use of different equipment can help support players or give them a greater challenge. The size, weight and type of football can be varied, along with the use of cones to create a variety of tasks and challenges for players.
- **People** – Altering the number of people involved in an activity can make the task harder or easier as required.
- Allow 'roll-ins' rather than 'throw-ins' to make controlling the ball easier for players with limited movement and to ensure players with cerebral palsy are included.
- 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.



DELIVERING THE FA GIRLS' FOOTBALL WEEK ACTIVITY

WHAT TO THINK ABOUT NEXT?

- Pick a day and time
- Decide who you want to attend (as many girls as possible!)
- Register your activity on the The FA Girls' Football Week Portal www.FAgirlsfootballweek.com/form
- Your local County FA will then verify your registration
- Plan your activity – resources are available to help you
- Enjoy the session!

RESOURCES AVAILABLE

- Fun football sessions for all ages
- Certificate of participation
- Women's Super League activity pack
- Digital assets to help promote your events
- A range of other resources for you to take advantage of

CONSIDERATIONS

You will most likely need people to help organise and stage the event. If you're hosting an event, you will need a welfare officer, referees, first aiders and tournament/timetable coordinators.

If the event involves children under the age of 16 or vulnerable adults, you need to ensure there is a welfare officer available at all times at your event. All organisation's must follow their safeguarding policy and procedures. All volunteers directly involved with Children and Young People (CYP) must have an up to date,

accepted CRC. Your County FA will provide guidance on who will need a check. For further guidance visit www.TheFa.com/football-rules-governance/safeguarding.

KEY SAFEGUARDING PRINCIPLES

- Safeguarding is everyone's responsibility sharing tasks and making sure staff understand and accept allocated responsibilities, is essential
- Everyone needs to understand who is responsible for activities during both i) the planning and preparation phase and ii) whilst the activity is happening it's important to remember that an U18 cannot be placed in sole charge of an activity or group of Children and Young People (CYP).
- Adult/participant ratios must be based on the age of the CYP involved, the degree of risk the activity involves, and whether there are disability needs; a minimum of two adults should always be present

Make sure you also have a qualified first aider with appropriate equipment available at all times. You should liaise with the facility provider to ensure goalposts and pitches are of good quality, plus provide appropriate size footballs.

If you've not done so already, you will need to take out public liability and personal accident insurance to cover the type of event you are running. Your local County FA will be able to give advice on local insurance providers as well as safeguards for your event.

HOW TO PROMOTE YOUR GIRLS' FOOTBALL WEEK ACTIVITY

COUNTY FAs

Your local County FA will help promote your FA Girls' Football Week events via their media channels and spread the message across the county. The County FA will verify your activity, therefore why not find out what support the County FA can offer to help you maximize your activity. We recommend that you begin talking to them as early as possible. We are sure they would like to hear your plans and ideas.

EDUCATIONAL ESTABLISHMENTS

Across the week, Educational partners are encouraging institutions to promote Girls' Football Week activities and events, via media channels, to help spread the message across the country. They will actively promote the good work of your school/college/institutions via their social channels – don't forget to tag them in your posts to share your stories and events in the build up to and across the week of action! Relevant handles to use include:

- Higher Education - @BUCSsport
- Further Education - @ECFA12 / @AoC_Sport
- English Schools FA - @SchoolsFootball
- Independent Schools FA - @isfa

YOUR MEMBERS

Why not use your current volunteers and players to promote your FA Girls' Football Week activity:

- Ask your members to use their online channels such as their website and social media
- Ask current players to bring their friends and siblings along
- Ask your volunteers to bring along their friends

POSTERS

Posters are available to download and print once you register your activity. You can put these up around your organisation and community. Think about areas where you will be able to get the attention of parents and young people such as local leisure centres and holiday sessions. Additional assets such as Twitter, Instagram & Facebook images, Signature Banners, Splash Pages, Certificates, Signage and more will also be available to help you promote your activity.

SOCIAL MEDIA

Don't forget to share all the great stuff you do during Girls' Football week by using [#GirlsFootballWeek](#) on Twitter.



FOLLOW YOUR LOCAL WSL TEAM THIS SEASON

BUY TICKETS AT
[FAWSL.COM/TICKETS](https://fawsl.com/tickets)



— The FA —
**WOMEN'S
SUPER★LEAGUE**



A LEAGUE OF OUR OWN