Frame Football
A new way to play the beautiful game
Cerebral Palsy Sport’s vision is that all players should be able to access the game of football in a way that supports them to reach their sporting potential.

CP Frame Football is a unique format of the beautiful game, designed to meet the needs of players with Cerebral Palsy, and other physical disabilities, who use a mobility frame.

Working closely with players, parents, coaches, physios, national governing bodies and equipment manufacturers, the game is truly player centred.
The journey so far...

1999: FA Ability Counts pan-disability football

February 2014: Concept research and development

June 2014: Frame/Walker Development Day at St George’s Park

August 2014: CP Football Kick-Off event at St George’s Park

September 2014: Presentation to FA Disability Committee at Wembley Stadium

September 2014 - June 2015: CP Football Kickstart activity

May 2015: CP Football Kick-Off at St George’s Park

September 2015: Formation of Development Group
Understanding sport and physical activity as a therapy choice for young disabled people
Views and opinions of paediatric physiotherapists

Figure 2: Flow chart of current patient workload
Understanding sport and physical activity as a therapy choice for young disabled people
Views and opinions of paediatric physiotherapists

Figure 3: Chart depicting results to question: When treating young disabled children, what are you main treatment goals?

<table>
<thead>
<tr>
<th>Goal</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Maintain/improve range of movement</td>
<td>92%</td>
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<tr>
<td>Maintain/improve functional ability</td>
<td>100%</td>
</tr>
<tr>
<td>Maintain/improve cardiovascular function</td>
<td>58%</td>
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<tr>
<td>Maintain/improve respiratory function</td>
<td>54%</td>
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<tr>
<td>Minimise complications of the condition/disability</td>
<td>90%</td>
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<tr>
<td>Facilitate normal development</td>
<td>89%</td>
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<tr>
<td>Other</td>
<td>26%</td>
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# Levels of Cerebral Palsy

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<th>1</th>
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*From: Section A - CPISRA Classification Rules*
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<tbody>
<tr>
<td>1</td>
<td></td>
<td>Power Chair Football</td>
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<tr>
<td>2</td>
<td></td>
<td>Frame Football</td>
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<tr>
<td>3</td>
<td></td>
<td>CP Football (7-a-side)</td>
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Opportunities for all
Who can play...

"This is for children who use a frame to actually walk, but obviously they enjoy football...
...game that allows them to actually be involved in the game fully and participate to the best of their abilities."

Leon Taylor (Former England and GB CP Footballer)
INSERT VIDEO
“Learning the skills specific to Frame Football”

“This is for children who use a frame to actually walk, but obviously they enjoy football…”

“…game that allows them to actually be involved in the game fully and participate to the best of their abilities.”

“I would rather my children did their exercise through sport than alone at home because of the extra benefits”

“Frame Football is better because it’s not any ambulant players, it’s just people with frames, and I feel like I’m actually one of the players that can properly get involved.”

“A game which meet the needs of players with CP”

“I don’t get to play, but here I think it’s really good because we’re all equal.”

“Given him the confidence…”

“It feels nice not to be the odd one out and being able to play on a level playing field.”

“He’s fully included”

“Focused on the ability not the disability”

“This is for children who use a frame to actually walk, but obviously they enjoy football…”

“I feel like I am one of the players”
“It opens door to fantastic clubs and amazing opportunities. Before the KickStart event in October we never would have dreamed that our physically disabled son would be going to play at St Georges Park. Fantastic!”

Max
Josh

“If he plays with his friends he can’t get the ball, he can’t run after it, he’s not included. Here he’s completely included and he’s enjoying it, he’s not sitting on the side-lines which is what he would normally do.”
Jamie

“I train twice a week and these sessions are important to me as it gives me the opportunity to play the game I love with other people who understand my disability. I am really looking forward to the day that frame football is up and running because at the minute I am the only one in the all ability counts league who uses a frame, it would be great to play on an even field so to speak.

I have recently gained my FA Young leaders award thanks to the support of CP Sport.”
How to play Frame Football

[Image of children playing frame football]
Players Equipment

THE ANATOMY OF A FRAME FOOTBALL FRAME

The Frame Football frame is designed to stand up to the rigours of playing football and to withstand potential contact between players' frames.

The frame differs from standard walkers used as community walking aids. Whilst potentially too wide for daily use around the home or school, the football frame has a wider stance for greater stability when used at speed in safe open spaces.

POSTURE CONTROL FRAME

The open front aspect to the frame enables access to the ball and also encourages a more upright posture whilst walking or running.

The rear top tube is designed to lightly strike the players hip extensors (mid buttock area). This can act as a stimulus for stepping.

By comparison to a conventional walker, the increased distance between the front legs enables better ball control and more opportunity for tackling.

Plaque for 'shirt number' or team name.

Rear wheels may either be fixed, with a directional brake to prevent the frame from rolling backwards, or multi directional swivel wheels for additional manoeuvrability.

Height adjustment system to raise or lower handle position.
Supporting Frame Football players

- Confidence
- Consult doctor/physiotherapist before taking part
- Use of AFO (Ankle-Foot Orthosis)
- Stretching
- Pain/discomfort/difficulty
- Flexibility
- Balance
- Hearing and visual impairments
- Perceptual difficulties
Guidelines for Coaching

- Enjoyable first experience
- Every participant is an individual and therefore should be supported and challenged in their football in this way
- An understanding of different disabilities and the associated conditions
  - Observing players within activities or free play
  - Giving players a challenge to try
  - Asking players
- Effective communication; including giving and receiving information and non-verbal communication such as gestures, expressions and even posture
- Assumptions about what players want
- Ability to do most of the activities
- Age, disability, ability and mobility of the players, and grouping players
- Stress and emotion
- Warming up and cooling down
Guidelines for Coaching

**Space**
Altering the space in which 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 individual challenges to support or challenge as necessary. Working on dribbling skills, one player could be moving slowly with the ball developing their ball familiarisation, whilst another player could be challenged to use a specific surfaces on the foot as a greater speed.

**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**
It is recommended that activity within Frame Football is always small-sided to give the maximum opportunity for players to engaged and involved. Amending the roles given to players, the number in each team or their role within the activity will help change the challenge to players.
Developing the sport

Regular & Sustainable playing opportunities

Identifying the need & Developing new activity

Kick-Off (Ambulant) & National CP League

Kick-Off Events

Kick-Off (Frame Football)

KickStart Clubs (Ambulant)

KickStart Events

KickStart Clubs (Frame Football)
Understanding sport and physical activity as a therapy choice for young disabled people
Views and opinions of paediatric physiotherapists

Ideas, feedback & questions?

