

### CP Football Kickstart Event – Bedford – 29<sup>th</sup> March 2015

On Sunday 29<sup>th</sup> March Cerebral Palsy Sport hosted a CP Football Kickstart event, supported by Bedford Borough Council Sports Development Unit, at AFC Kempston to start a brand new cerebral palsy football session.



Although there were grey clouds overhead and short periods of heavy rain, nothing was going to hold back our group of keen young footballers ready to take to the pitch.

Working through different skills activities, players developed their dribbling and close control, and then moved on to working as a team developing their passing and receiving skills. All players gave their best to learn new skills, enjoy their football and develop confidence & new found friendships.

Example activities and games delivered by CP Sport helped to develop the knowledge and understanding of the local coaches to support their ongoing development and ability to support young people with cerebral palsy and other physical disabilities.

Taking part in small-sided games gave all our participants the opportunity to put their skills into action and take to the pitch as their favourite player. With 1v1's between 'Messi' and 'Neymar' there were lots of goals and displays of great football all round.



As we approached full-time for our CP Football Kickstart, players retired to the clubhouse for a well-earned drink, rest and presentation. A fantastic afternoon of football was enjoyed by players, coaches and lots of spectators from the club, with smiles all round. Lifelong club members were far more interested in the abilities, skills and enjoyment of our young players than anything the club's first team were doing on the pitch.

A huge thank you to Hayley Elphee and Dave Atkinson who helped to bring the event together and ensure all our players had a great football experience.

Regular CP Specific sessions held on Thursdays 5.00-6.00pm at AFC Kempston, Hillgrounds Leisure, Hillgrounds Road, Bedford MK42 8SZ

For more information or to book a space, contact Hayley Elphee:

Call 01234 718839 or e-mail [hayley.elphee@bedford.gov.uk](mailto:hayley.elphee@bedford.gov.uk)

If you have any questions about the CP Sport Football Development Programme please contact Sam Turner at [Sam.Turner@cpsport.org](mailto:Sam.Turner@cpsport.org)