



PROVIDING PROVISION ACROSS THE INCLUSION SPECTRUM

PAWB
EVERYONE



PROVIDING PROVISION ACROSS THE INCLUSION SPECTRUM GUIDE

We understand why people from a variety of different backgrounds will choose to take part in football. However, have we given consideration as to how they wish to participate?

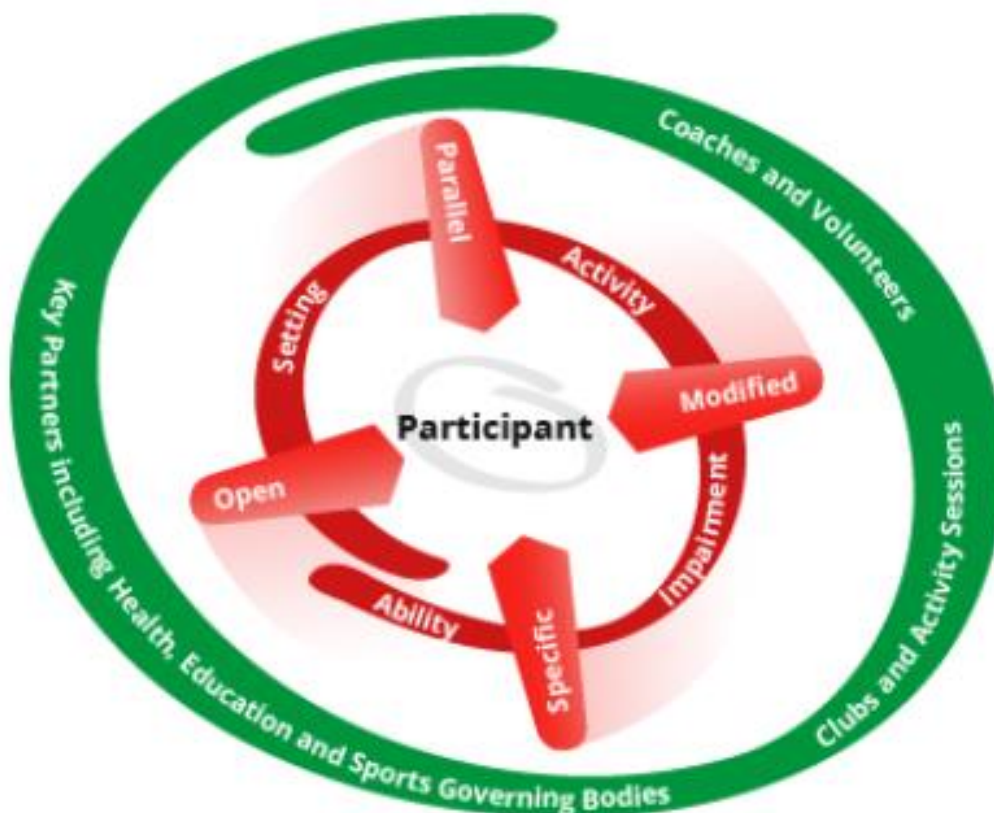
Society continues to evolve and continually challenges people's approach to taking part in traditional football sessions. Some community groups might want a different version of the 11-a-side game.

People participate in various forms of football, which can provide variety and also attract different groups of people.

This guide provides more information about the Sports Inclusion Model and examples of some alternative provisions that your Club can establish to include more people in its activities.

SPORTS INCLUSION MODEL

The Sports Inclusion Model* (also known as Activity Inclusion Model/AIM) drives inclusion within Physical Education, Physical Activity & Sport.



The Sports Inclusion Model provides activity options for individual needs, abilities & settings.

It helps create a positive and inclusive environment for players and can help to identify a range of possible options for players to realise their full potential in their sport.

The four factors that influence the structure of the provision for each individual participant are Ability, Activity, Impairment, and Setting.

Community-based sessions may be classified into four categories.

OPEN

An inclusive session for every member of the community where no changes or modifications are required at all. The disability and the activity do not impact on each other.

MODIFIED

Where a person's functional ability requires changes to the rules, (e.g. equipment), so that they can participate as anybody else would.

PARALLEL

Grouping people by similar abilities so they have a positive experience.

SPECIFIC

An activity or provision for a unique group of players.

An example of this may be;

- Training Sessions for Deaf People.
- Open Under 10's Sessions
- Adult Female Sessions

It's important to remember that a training session should use a combination of the various components to best suit the participants.

Some examples of both parallel and specific sessions across the inclusion spectrum that the Club could establish include:

- Walking Football.
- Women & Girls-Only Sessions.
- Disability football sessions.
- Informal Sessions (Turn Up & Play).

WALKING FOOTBALL

Walking Football is recognised by the Football Association of Wales as an inclusive small-sided format of the game. While primarily aimed at the over 50s, it offers the opportunity to maximise participation for all groups and to

encourage sustained participation for players of all abilities. Typically, games can be 5, 6 or 7 a side, mixed football is permitted, and the format can be played by any age group indoors and outside.

Today there is a thriving national Wales league and international squad playing friendly and competitive tournaments around the world. [Wales Walking Football](#), which is an associate member of the Football Association of Wales, provide a calendar of competition throughout the year.

Download the [Laws of the Game for Walking Football](#) to find out how to play the game.

WOMEN & GIRLS ONLY SESSIONS

As we surge towards our target of 20,000 women and girls playing football in Wales by 2024, it's our mission to provide every opportunity for increased participation across Wales.

Below are some examples of provisions that you can establish at your Club to provide opportunities for women and girls In your community.

HUDDLE

Huddle aims to introduce girls aged between four and 12 to football in a fun, relaxed, sociable and friendly way to ensure they have a positive first experience of football. Huddle is delivered by Clubs and partners across Wales who want to grow the number of girls playing football in their local area.

Girls can expect to make new friends, learn some football skills through fun games and build their confidence throughout the sessions. If girls want to progress onto a Club team, the coaches at the sessions can direct them to their nearest team, but those that are happily playing in Huddle sessions, they're welcome to just play there!

Sponsored by Weetabix, over 6,000 girls have enjoyed coming to Huddle sessions all across Wales since 2019. Most who had never played club football before!

Coaches can attend the Huddle Training Workshop which will cover topics such as engaging new girls in football, understanding individual motivations for participation, exploring barriers and challenges that girls face in sport and will explore the practical element of Huddle delivery.

To sign up to attend a Huddle Training Workshop Visit [FAW Courses](#).

For more information on becoming a Huddle Provider contact PAWB@FAW.Cyrmu

WOMEN & GIRLS – ESTABLISHING A WOMEN & GIRLS CLUB/TEAM

Women & girls should have access to a variety of playing opportunities. Some may prefer to be in an all women/girls team environment, and some girls are very happy in their local mixed teams. Some might want to play recreationally, to be with their friends, and others aspire to be the next Carrie Jones. It's important to provide a variety of opportunities and support women and girls wherever they feel most confident. For further information in creating the right environment at your Club for women and girls download the **Environments: FOR HER** guide.

DISABILITY FOOTBALL SESSIONS

Players with a disability are encouraged to play within mainstream football competition, however, we recognize that some players may be better provided for in structures such as 'PAN Disability' or 'Impairment Specific' football on a temporary or permanent basis.

The FAW, through the McDonald's Disability Football Programme, in collaboration with Clubs deliver PAN Disability festivals across Wales.

Two regional structures cover Wales, North & South, in which each regional structure can operate additional categories based on geography factors. This structure operates within 3 age groups: Under 12 (school years 4, 5, 6 & 7), Under 16 (school years 8, 9, 10 & 11) and post 16 with Under 12 and Under 16 age groups considered as Junior Football and Post 16 age grouping considered as Senior Football.

All grassroots PAN Disability Structures adopt the principle of 'ability banding' (see FAW Disability Football Regulations) where there are enough participating teams and clear differences in the ability level of players.

In order to participate in any Disability Football Activity, all Clubs must complete the FAW Disability Team registration process, which encompasses all elements of the FAW Club Accreditation Scheme and as a minimum the standard level.

To request support in establishing a disability football team please contact PAWB@FAW.Cymru

Download the **FAW Disability Football Regulations**

INSPORT PROGRAMME - DISABILITY SPORT WALES

With the help of Disability Sport Wales (DSW) grassroots football Clubs will be guided through the insport club programme, to help develop their provision and the best opportunities for those players with a disability to take part in football locally.

WHAT IS THE INSPORT CLUB PROGRAMME?

- The insport Club programme aims to support clubs in developing their provision so that it includes people with a disability.
- DSW has therefore developed a Toolkit which is intended to support the development of inclusive thinking, planning, development and delivery by the club so that ultimately, they could deliver across the spectrum to disabled and non-disabled people, potentially in a range of different formats.
- The programme consists of 4 incremental standards (Ribbon, Bronze, Silver and Gold), against which a series of aims have been identified.

Find out more about the InSport Club Programme at [DSW Insport Club Programme](#)

INFORMAL SESSIONS

Informal sessions or games can provide the opportunity for someone to just turn up to a venue and play football without the commitment and other associated aspects of playing for a Club.

This could be in the form of more structured 5 & 7 A Side Leagues or just an Informal game.

These sessions can be a great way to introduce people to football and your Club and can also provide options of flexible times and days to enable people to take part outside of traditional Club session times such as during the day or late in the evening.

If you require support in providing provisions at your Club contact

PAWB@FAW.Cymru