

Everybody's Game

An inclusive walking football (soccer) program

Resource toolkit to support inclusive participation



FOOTBALL
**SOUTH
AUSTRALIA**



Flinders
UNIVERSITY



Inclusive Football Model



What is Everybody's Game?

Everybody's Game is an inclusive walking football (soccer) program designed to support people of diverse age and abilities (including people who live with neurological conditions) to play, have fun and meet like-minded people.

What is walking football?

It is a small-sided, low-impact, modified version of football (soccer) suitable for all abilities, ages, genders, and fitness levels.

How is walking football played?

- Smaller teams with shortened game times
- Modified format
- Running is not allowed, one foot always needs to be on the ground
- Non-contact
- The ball cannot be kicked above head height, there is no heading of the ball

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For further information regarding walking football or to watch a video explanation, head to:
www.playfootball.com.au/player/walking-football
www.footballsaustralia.com.au/walking-football

What is a neurological condition?

Neurological disorders are disorders that affect the brain, nerves and spinal cord. Structural, biochemical or electrical abnormalities in the brain, spinal cord or other nerves can result in many different symptoms.

The needs of people living with a neurological condition may be complex and different from person to person.

Examples of neurological conditions

- Dementia
- Alzheimer's disease
- Parkinson's disease
- Motor neurone disease (MND)
- Stroke
- Acquired brain injury (ABI)
- Multiple Sclerosis (MS)

Symptoms may include

- Memory loss
- Poor coordination/balance
- Loss of sensation
- Pain
- Behaviour change
- Paralysis

Benefits of participating in Everybody's Game



Increased social and emotional wellbeing



Positive self-esteem, increased sense of identity



Strengthened mobility and physical wellbeing



Sharing the journey with other like-minded people



Community connections

Making our sport clubs inclusive

Inclusion is about celebrating diversity and individual differences to promote a sense of belonging for everybody.

Everybody's Game builds on the 7 pillars of inclusion to create and foster a friendly, accessible experience for all participants.

Use this as a guide to create an inclusive environment!



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For further information regarding inclusion, refer to the following resources:

Inclusive Sport Toolkit

https://www.sportaus.gov.au/integrity_in_sport/inclusive_sport/toolkit

Understanding inclusion and diversity

<https://www.playbytherules.net.au/got-an-issue/inclusion-and-diversity>

ACCESS

Make sure that your facilities are physically accessible for people with diverse needs

ATTITUDE

Translate your inclusive, positive intentions into action

CHOICE

Offer a range of options as people should decide how they want to be involved

PARTNERSHIPS

Collaborate with other organisations to achieve inclusion where needed

COMMUNICATION

Use simple, direct and friendly language, avoid stereotypes and use signage and images

POLICY

Promote clear direction and guidelines that show your commitment to inclusion

OPPORTUNITIES

Review current processes and seek opportunities to enhance inclusion

The Coach

The coach plays a vital role in promoting inclusion!

It is important that you recognise and understand each participant's capabilities.

The TREE model - Teaching style, Rules, Equipment, Environment is a practical tool to utilise when modifying activities to be more inclusive.

Use this as a guide to reflect what modifications can be made.



The TREE model

T

eaching style

Communicate instructions in a simple, clear manner

R

ules

Be flexible with the rules. Simplify them so they are easy to remember

E

quipment

Modify equipment (size of ball or goal, colour of cones) for easier access and visibility

E

nvironment

Accommodate playing area (surface, seating, size) to participants' mobility requirements

Guide to delivering Everybody's Game

Take this checklist with you to ensure you are following protocols whilst providing an inclusive, accessible environment.

Prior to the session

You should make sure the following is addressed:

- Risk management
- Emergency protocols – COVID management – Contacts
- Session times
- Session length
- Session plan
- Weather
- Location (surfaces)

On the day of the session

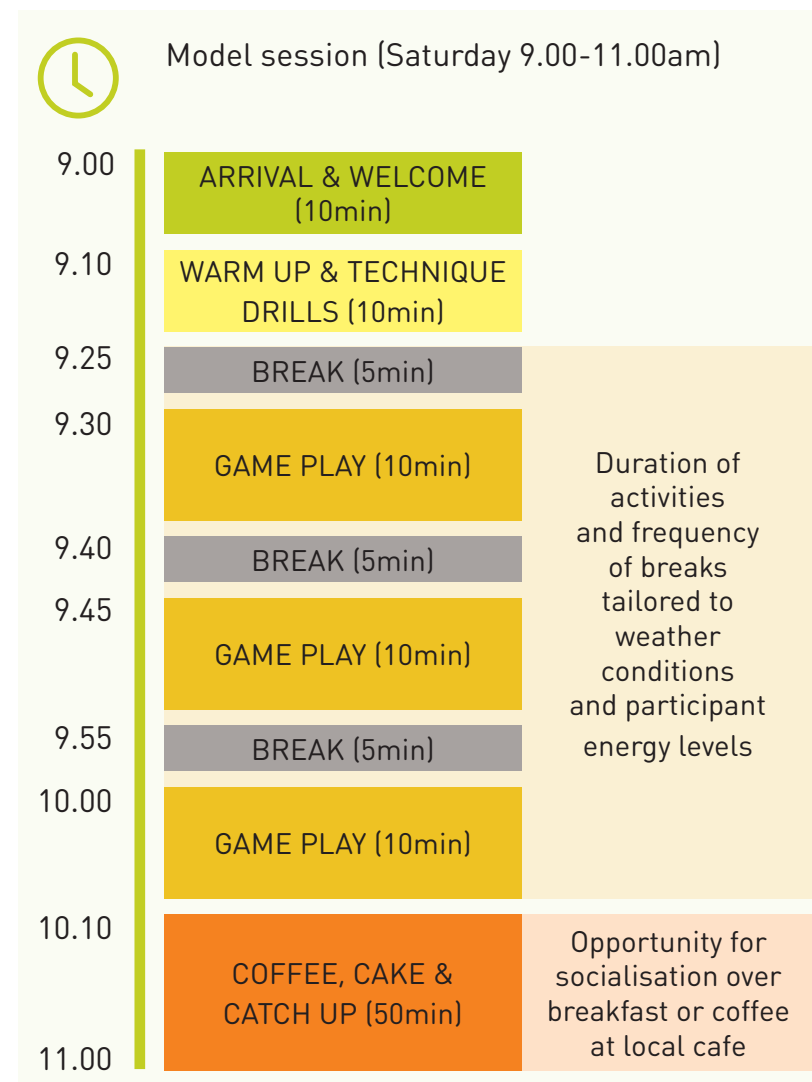
Prepare the following:

- Shade
- Seating
- Water
- Equipment
- Conduct Risk Management Assessment

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View Everybody's Game manual here, including detailed templates and examples of football drills and games to help plan your session.

Use this model as a guide to plan your activities



Promoting inclusion is the key to supporting people of diverse age, abilities and fitness levels to participate and contribute in sporting activities and to connect with the community.

Access the full program manual for information on:

Useful contacts
Inclusion training
Examples of football (soccer) drills
Inclusive club checklist
COVID-19 precautionary measures
Injury reporting form

ACH Group is a not-for-profit community organisation promoting opportunities and services to support good lives for older people since 1952.

Let's talk **1300 22 44 77** Visit achgroup.org.au

