



*"Football for Everyone
Everyone for Football"*

Even Stevens

- Handy Guide -



*"In an Even Stevens team, Theo and Fran
get an even amount of game time"*

Introduction & Principles

In an Even Stevens team, Theo and Fran get to play an even amount of game time.

Research tells us that children and young people play football for simple reasons; to have fun and be with their friends. The main reason they stop enjoying the game is because they don't get to play enough.

The aim of 'Even Stevens' is to help coaches even out the game time played by their squad, and to get more young people playing and enjoying the great game.



Introduction & Principles

The FA have released the Youth Football and Futsal handbook. This is available on our website.

somersetfa.com/youth

Here are our key principles taken from the handbook:

1. Always make the game fun.
2. As coaches, you are role models. Along with our referees, you should always help young players to learn the game.
3. Development games can be split into quarters, so lets use that time effectively.

Coaches Considerations

Have you considered?

1. Your squad size, so that everyone can play today?
2. Your squad size not exceeding twice the size of the playing format; this is to help ensure everyone gets an equal game.
3. Asking your players to manage their own substitutions?
4. What your coaching and club philosophy is? If your coaching / club is built around values of fair play and respect, are you living this out with your team?



Top Tips

Our Top Tips for making your team an Even Stevens team:

- Use our equal playing time calculator to work out how long each player should be on the field. This is a guide for you to bear in mind. The welfare of a player is more important than even playing time. If a player is injured, dehydrated or frustrated then take them off the field of play.
- Time the match yourself or ask the referee to let you know when a certain amount of time has passed to make your changes. The countdown timer or stop watch on your phone or watch is all you need.

Top Tips

- Utilise the format of the game, half/quarter time to make your changes.
- Make sure you let the parents of your players know that you are using this initiative, as well as the opposition coach on match day. They will be fully on-board and it's great to spread the word.
- Use 'Even Stevens' as a method of attracting new players. Even playing time will be a big draw to players and their parents alike.





“It’s our job to ensure football is for all. By placing our youngest stakeholders at the centre of everything we do, and supporting our selfless coaches and volunteers we will no doubt create and provide enjoyable football experiences.”

**Sarah Nickless
Youth and Mini soccer Football Development Officer
Somerset FA**

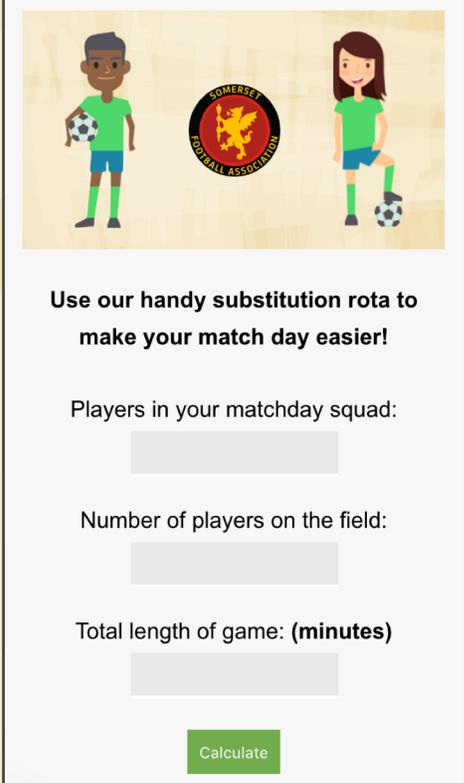


Even Stevens Toolkit

We have a variety of printable and digital resources available to Even Stevens clubs, so that you can easily make the most of this exciting initiative.

Even Playing Time Calculator

We have designed and built, with our partners at Team Websites, an even playing time calculator. This uses your match day squad size, playing format and the total game time to tell you how long each player should spend on the pitch. This is available on the Even Stevens webpage and as a stand-alone version. This stand-alone version can be added to the home screen of your smartphone for easy use on matchdays!



Use our handy substitution rota to make your match day easier!

Players in your matchday squad:

Number of players on the field:

Total length of game: (minutes)

Substitution Planner/Rota

We have designed a printable substitution planner/rota that you can use on matchdays or in your preparation for a match to ensure that your players spend their even amount of time on the pitch.

Club Promotional Resources

You are able to use a variety of posters, this handbook, social media assets and some smartphone resources as reference and promotion of your clubs involvement in this exciting initiative. If you need anything else, please get in touch with Somerset FA.

somersef.com/evenstevens



We only 😊
do positive.



RESPECT

The new campaign highlights the importance of positive behaviour towards young footballers, specifically looking at the impact parents and coaches can have. The campaign is rooted in extensive research carried out in 2017/18 to understand more clearly the effect of negative behaviour on Under 7s - Under 18s and where Respect interventions would be most effective.

The research provided clear evidence of why positivity was so important in the youth game. The stand-out insight was that 9 in 10 children played better with positive encouragement. In addition, the research highlighted that negative experiences on children had a serious adverse effects on both in their footballing ability and more widely to their enjoyment of the sport.

‘We Only Do Positive’ is a response to this research and uses an all new strategic approach to target coaches and parents specifically around mini-soccer and youth football. It aims to promote and educate coaches and parents on their roles in creating a fun, safe and inclusive environment for all the players, ensuring they have great experiences throughout their football journey.

somensetfa.com/respect



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somersefifa.com/evenstevens

Sarah.Nickless@somersefifa.com