



**FOR ALL**



easy  
read

# Football Your Way

Our plan for disability  
football 2021 to 2024



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In this easy read document, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.



Some words are [blue and underlined](#). These are links which will go to another website which has more information.

# Introduction



The Football Association (FA) is in charge of all football in England.



This is our plan for disability football in England between 2021 and 2024.



The plan will explain:

- what we want to do to improve disability football in England
- what we are going to do to make it happen.

# Disabled people in England



There are about 9.4 million disabled people in England.

That is 1 in every 5 people.



3 out of every 4 disabled people have more than one **impairment**.

An **impairment** is something that affects part of your body.



Almost 7 out of every 10 disabled people are over age 50.



Over half of disabled people are female.



## Being active

4 out of 5 disabled people want to be more active.



Only 1 in every 4 disabled people take part in organised activity sessions.



Half of people who do take part in activities, do it on their own.

## COVID-19



**COVID-19** is also called Coronavirus. It is an illness that is spreading around the world. It affects your lungs and breathing.



Many disabled people who used to be active, have not been active during COVID-19.



Most disabled people want to be more active when COVID-19 is over.

# Disability football in England



There are more than 2,000 disability football teams in England.



There are 36 **pan-disability** County FA leagues for disability football teams.



**Pan-disability** is where people with lots of different types of impairments and health conditions play together.

A **league** is a type of competition.



Most disabled people who play football play in a pan-disability league.



But more disabled people swim, run, or play golf than play football.

# Impairment-specific



**Impairment-specific** football is where only people with the same type of impairment play together.

Impairment-specific football leagues include leagues for:



- people who have had limbs **amputated**

**Amputated** is when someone's arm or leg is cut off because of an injury or disease.



- blind people



- people with cerebral palsy



- Deaf people



- people with Down's syndrome



- people with Dwarfism



- people who use frames to help them walk



- people with a learning disability



- people with a mental illness



- partially-sighted people



- people who use a **powerchair**.

A **powerchair** is a type of wheelchair that is driven by electricity.

# National teams



We have six national teams for adult disabled players.



These are teams made up of the best players in England.

They are teams for:



- blind men
- men with cerebral palsy
- Deaf men
- Deaf women
- partially-sighted men
- male and female powerchair users.



Our national teams do very well when they play against national teams from other countries.



In 2019, our powerchair team won the European Championship for the first time.



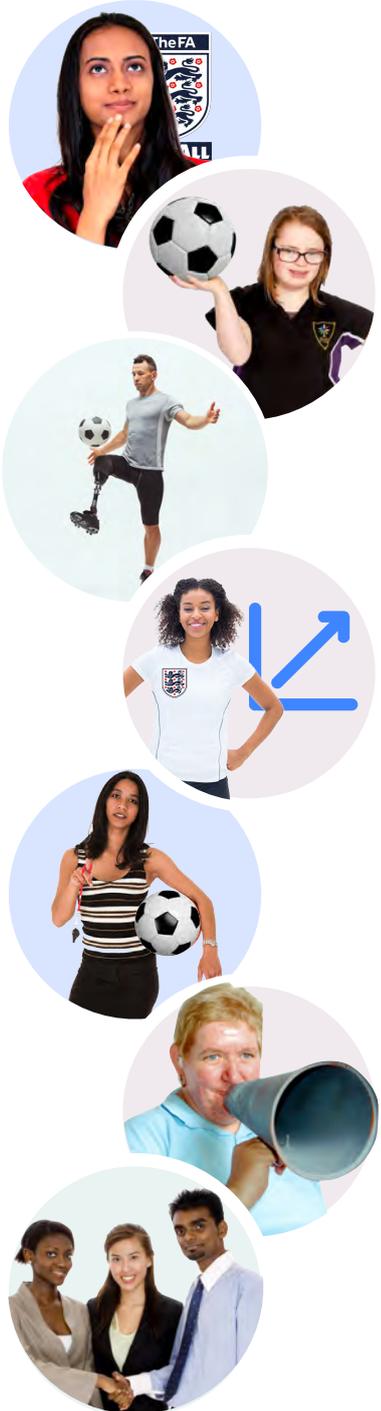
This was a competition between all of the countries in Europe.

# How we want to improve



We want to make disability football in England better.

We are going to do this in 7 ways:



1. Improve how we think about disabled people.
2. Get more disabled people taking part in football.
3. Help more disabled players to get better at football.
4. Improve our national teams.
5. Help more **coaches** to get better at supporting players.  
A **coach** is someone who works with players to help them play better.
6. Let people know about disability football.
7. Work with other organisations.

# 1. Improve how we think about disabled people



We want to:

- think about disabled people more
- make sure that we never leave disabled people out
- have more disabled people working for us
- help the people who work for us to understand disability.

## What we will do

To do this, we will:

- make sure that all information we give to the public is **accessible**

**Accessible** means it is easy to use and suitable for people with different needs.





- make sure all our websites are accessible



- let people know about people who have done well in impairment-specific football

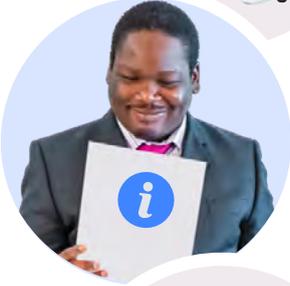


- work more with **Level Playing Field**

**Level Playing Field** are a charity which helps sports organisations to think about disability issues.



- help people who work for us to speak up about being disabled



- let disabled people who work for us know how we can make things easier for them at work
- look at working with other organisations to make sure we hire more disabled people
- give people information to help them learn more about disability
- educate and train people who work for us about disability
- help people who work for us feel comfortable to share that they are disabled
- speak up about disabled people at special times of the year, like Mental Health Awareness Week
- talk about disabled people who work for us when we tell the public what we do.

## 2. Get more disabled people taking part in football



We want to help more disabled people to take part in football.



We want to do this by working with:

- schools
- football clubs
- the community.



### What we will do

To do this, we will:

- make sure football is played in schools as part of PE lessons





- run football classes outside of school, with separate pan-disability sessions for disabled children who are worried about playing with everyone else



- help disabled children take part in football competitions in school



- train football clubs on how to make sure disabled people aren't left out



- let all disabled football players know about chances to play in **mainstream**, pan-disability and impairment-specific local teams

**Mainstream** football is when the players are not disabled.

- let people know about our **dispensation policy**

Our **dispensation policy** lets disabled children play against other people with the same abilities, instead of only other people of the same age.





- make our community football programmes like Weetabix Wildcats and Teenage For Fun bigger and better so that nobody is left out



- create more chances for disabled adults to play football for fun



- train more people to run disability football so that disabled players have more chances to play.



By 30 June 2022, we want to have as many disabled people playing football as before COVID-19.



After we have got as many disabled people playing football as before COVID-19, we then want to increase this number by 50% by June 2024.

# 3. Help more disabled players to get better at football



We want to improve the **Talent Pathway**.

The **Talent Pathway** is the way we find the best disabled players and help them get better.



We want to make sure we do this so that nobody is unfairly left out.

## How we will do this

To do this, we will:

- talk to football coaches about how they feel about putting players forward for the Talent Pathway
- teach coaches, referees, teachers and others how to spot the best players





- make sure we are spotting people from backgrounds that haven't been paid enough attention in the past



- watch and consider over 500 players for the Talent Pathway, every year



- talk to teams across the country to help players move into the highest levels of football



- help players get better in a way that is designed to suit their age and impairment



- work with organisations like Sport England and Talented Athlete Scholarship Scheme (TASS) to support players



- think about the **wellbeing** of players involved in the Talent Pathway

**Wellbeing** means feeling happy and healthy in your body and mind.



- write a plan for each player that is suitable for their needs



- support players to work or go to school at the same time as getting better at football



- get our best players to encourage younger players to get better at football



- always think of each player as a different person with their own life.



We want to increase the number of players in the Talent Pathway by a quarter by 2024.

# 4. Improve our national teams



We want to get the best coaches in the world to help the English national teams.



We also want to make sure the national teams have the best support.



We want the English national teams to be some of the best in the world.

## How we will do this

To do this, we will:

- make sure all players, coaches and people who work for us are shown respect





- teach players to be **adaptable**  
**Adaptable** means you can change easily depending on what you have to do.
- get players to think in a way that helps them to win
- support the health, wellbeing and fitness of players
- help everyone to speak up about problems
- support players if they have an injury
- write a plan for each player to make sure they are fit and eating well
- closely look at how each player plays to help them to get better



- work with impairment-specific leagues to make sure there are plenty of competitions for the players to play in



- work with mainstream leagues to help spot players who could play for the English disability football teams



- let people know about what we do on social media



- work with colleges and universities to support players who want to play and be students at the same time



- look at making disability football leagues in universities and colleges



- look at creating an organisation to look after the top disabled players and their needs



- work with women’s visual impairment and cerebral palsy organisations to spot new players



- run activities to help spot new female players across the country



- write a plan to support blind, cerebral palsy and deaf female teams who play against other countries



- create a team of people from different backgrounds to support all of England’s disability women’s teams



By 2024, we want all of England’s teams to be some of the best in all competitions with other countries.

# 5. Help more coaches to get better



By 2024, we want to:

- get 1,000 more coaches to work in disability football
- make a plan to help the best players from the Talent Pathway and national disability teams to become coaches
- make personal plans to help all national disability team coaches get better at supporting players.

## What we will do



To do this, we will:

- look at making our coach training programmes easier to use for disabled people



- make sure all new coaches learn about disability football when they learn about becoming a coach
- teach people who already work as coaches about disability football

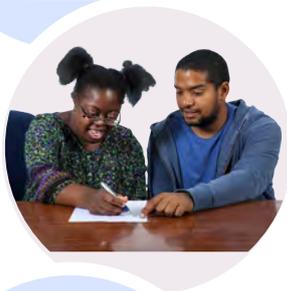


- make sure everyone who works with adults at risk does our **safeguarding** course

**Safeguarding** means keeping people safe from harm and abuse.



- give coaches working with disabled players help with online training and training events, alongside other coaches



- write a plan to help each national team coach get better at supporting players



- offer players in national teams or the Talent Pathway the chance to become coaches.



By 2024 we want to make sure all coaches in the Talent Pathway and national teams have support that suits them.

# 6. Let people know about disability football



We want to:

- let more people know about disability football
- change how people think about disability football.



We think this will make it easier for disabled people to start playing football.

## How we will do this



To do this, we will:

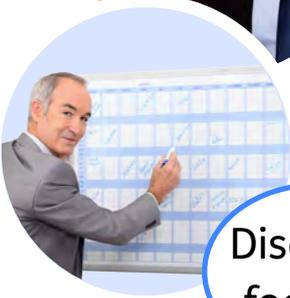
- help all national teams let people know about what they're doing during competitions with other countries



- speak up about disability football in the same way we talk about mainstream football
- talk to the public about disability football a lot more
- let people know about the players on the national teams
- support disabled players to return to football after COVID-19. We will do this through the Football Your Way **campaign**

A **campaign** is a plan of things to do over time, to try and change something.

- run one campaign every year to get more young people to play disability football
- let people know about the FA Disability Cup. This a competition we run every year that shows off how good disability football is



Disability  
football



- work with other organisations to let lots of people know about what we do
- work with companies to let people know about our best players
- make a calendar of everything that happens in disability football
- choose the best people who work for us to let other people know about disability football
- write a plan for organisations across the country to help them find teams for us to talk about.



By 2024, we want to have doubled the amount we talk about disability football.

# 7. Work with other organisations



We want to work with other organisations to improve disability football.



Other organisations can help us in lots of ways, like letting people know what we do or giving us money to get better.



Right now, our main partners are BT and Nike.

## What we will do

To do this, we will:

- try out new ways of working with organisations we trust
- look at where support from another organisation would help us the most





- pick the top four things that stop disabled people from playing football. Then other organisations can focus on fixing those things



- choose the types of company that would be the best for us to work with



- find the companies that want to do the same things that we want to do



- write offers to work with us that are different for each company. This will mean that we can think about what each company wants.



If you would like to work with us, please email:

[partnershipsales@TheFA.com](mailto:partnershipsales@TheFA.com)



By 2024 we want to start working with 2 new organisations to help build disability football.



We would like them to help us:

- build better pitches and equipment to make disability football better to play for more people
- let more people know about disability football.

# For more information

If you'd like to learn more about what we do, please visit:



[www.EnglandFootball.com/play/disability-football](http://www.EnglandFootball.com/play/disability-football)

Easy Read by [easy-read-online.co.uk](http://easy-read-online.co.uk)