



Cerebral Palsy Sport
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Frame Football

What is Frame Football?

Frame Football has been developed as an adapted format of football, supporting players who use a mobility frame to enjoy the beautiful game.

How is it played?

Key adaptations:

- Up to 5-a-side depending upon age
- Goalkeeper is a frame user
- Recommended use of light weight futsal ball
- Kick-ins to return the ball into play
- Ball contact with both feet and the frame is allowed
- Only one-on-one tackles / challenges
- Maximum of 4 year age banding

Benefits?

“Usually I don’t get to play, but here I think it’s really good because we’re all equal.”



For all participants taking part in Frame Football, it has a huge impact on social skills, communication and confidence. By playing in an environment where players have similar disabilities, mobility and ability they can enjoy being part of a level playing field.

More experienced individuals have the opportunity to support newer participants. This provides them with new additional skills they may previously not have had.

Frame Football gives participants a platform on which to enjoy a shared experience of football which is suited to their individual needs. Players who all face similar challenges in life gain a sense of belonging through being part of a team, and focus on playing their format of the game rather than being left out of someone else’s.





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Where can I play?

The Cerebral Palsy Sport Football KickStart programme has been introduced to develop new areas of sustainable ambulant Frame Football across the country. CP Sport continue to support all hubs of activity, lending our expertise and knowledge to ensure the long term sustainability and success of the local sessions across the country.

To find your nearest Frame Football opportunity please visit: www.cpsport.org



Frame Football Development Group:

To help the sport grow Cerebral Palsy Sport have brought together valued partners from across different fields. These partners include:

- Cerebral Palsy Sport
- The Football Association
- The Association of Paediatric Chartered Physiotherapists (APCP)
- DM Orthotics
- Quest88
- Community Football Clubs
- Player and parent representatives

Working together in an agreed structure to develop the game with a sole purpose of making sure there is opportunity to play. The group gives a holistic approach to developing the game which means we can support the physiotherapy that players receive, utilise current technology and equipment to benefit the sport and ensure the message of Frame Football gets across the CP community.



football@cpsport.org

0115 925 7027

www.cpsport.org | follow @cp_sport

