

VIRTUAL FEMALE FOOTBALL (Y7-9)



ENTRY DATES & HOW TO ENTER

Document Version: **2**

Intention to Enter: **Friday 30th April 2021**

i. Deadline for School Games Organisers to submit their ITE to London Youth Games via survey.

Submit Entry: **Friday 9th July 2021**

i. Deadline for School Games Organisers to submit their school and overall participation information.

For schools competitions the School Games Organiser will co-ordinate entries. Entries are submitted online.

TEAM INFORMATION

Age: Secondary

Likely School Year: Y7-9

Gender: Female

Team Size: This is a participation event. We encourage as many young people in your borough to take part as possible.

COMPETITION INFORMATION

Competition Intent : To foster social connections

Competition Format: There is not a strict format to this virtual event. The format below should be used as a guideline and schools can adapt where needed.

Final Positions: London Youth Games will share an overall London-wide participation leader board.

SUGGESTED SPACE, KIT & EQUIPMENT

We appreciate schools have varied provision, therefore the details of equipment and space below are suggestions. Schools are encouraged to use alternative resources if those listed below are unavailable to them.

Space: You can use any space available ideally a sports hall or football field to allow space for each station. But activities can be adapted to accommodate any space available.

Kit & Equipment:

- Football or futsal balls
- Goals
- Throw Down Lines (Markers)
- Cones

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1981-2021
SCHOOL
GAMES

SPORT SPECIFIC GUIDELINES

All coaching cards and full instructions for each activity can be found [Here](#).

Additional videos and resources for each activity can be found on the FA [Girls' Football in Schools](#) website. Please register your name and school to access the free FA resources.

Schools can choose any/all the activities and games below and can adapt the games in any way to accommodate for space, size of class and equipment.

FESTIVAL ACTIVITY STATIONS

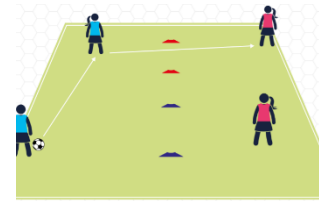
Handball "Zone to Goal" (15-20 minutes)

- Mark an area with a goal and end zone
- 2 teams, one passing the ball to teammates to score in the end zone, and the other team tries to score in the goal
- The teams can throw, bounce, or roll the ball between teammates
- This can also be played by kicking the ball



Through the Gap (10-15 minutes)

- Work in teams (minimum 2)
- Layout 2 sets of cones
- Pass through the set of cones working with your teammate
- You can set sequences or alternate which set of cones you can pass through



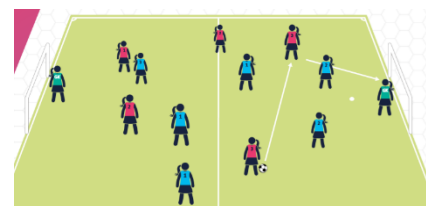
Decisions Decisions (10-15 minutes)

- Mark an area in the middle with an equal number of balls on each side (5)
- 4 attacking players work in pairs starting in the middle ball area
- 8 defenders start on cones in areas 1 and 2 (seen in picture) with a goalkeeper at either end
- The attacking pairs are working against each other to see who will be the quickest to score 5 times
- Each time they attack one defender comes in from the sides to try and prevent them from scoring



3-2-1 (15-20 minutes)

- Mark out a normal football pitch, select two teams
- Each player starts with a value of three
- When they score their first goal it counts as 3 points
- The next goal they score will count as 2 points and any additional goal they score is worth 1 point
- The aim is to work as a team encouraging each teammate to score increasing your goal total



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Through the Gate (5-10 minutes)

- Set out sets of cones to create gates
- Each player will have a ball
- Players will have 2 minutes to dribble their ball through as many gates as they can
- Additional challenges and adaptations to this activity can be found at <https://girlsfootballinschools.org/curriculum-gameonourownvideos.php> (You will need to register to the FA Girls Football website to have access to the free resources)

RECORDING PARTICIPATION

1. Schools will be required to submit a [Participation Spreadsheet](#) to their SGO's recording their overall school participation in the Virtual Football Y7-9.
2. SGO's will be then required to submit an Overall Borough Participation to LYG by the deadline.