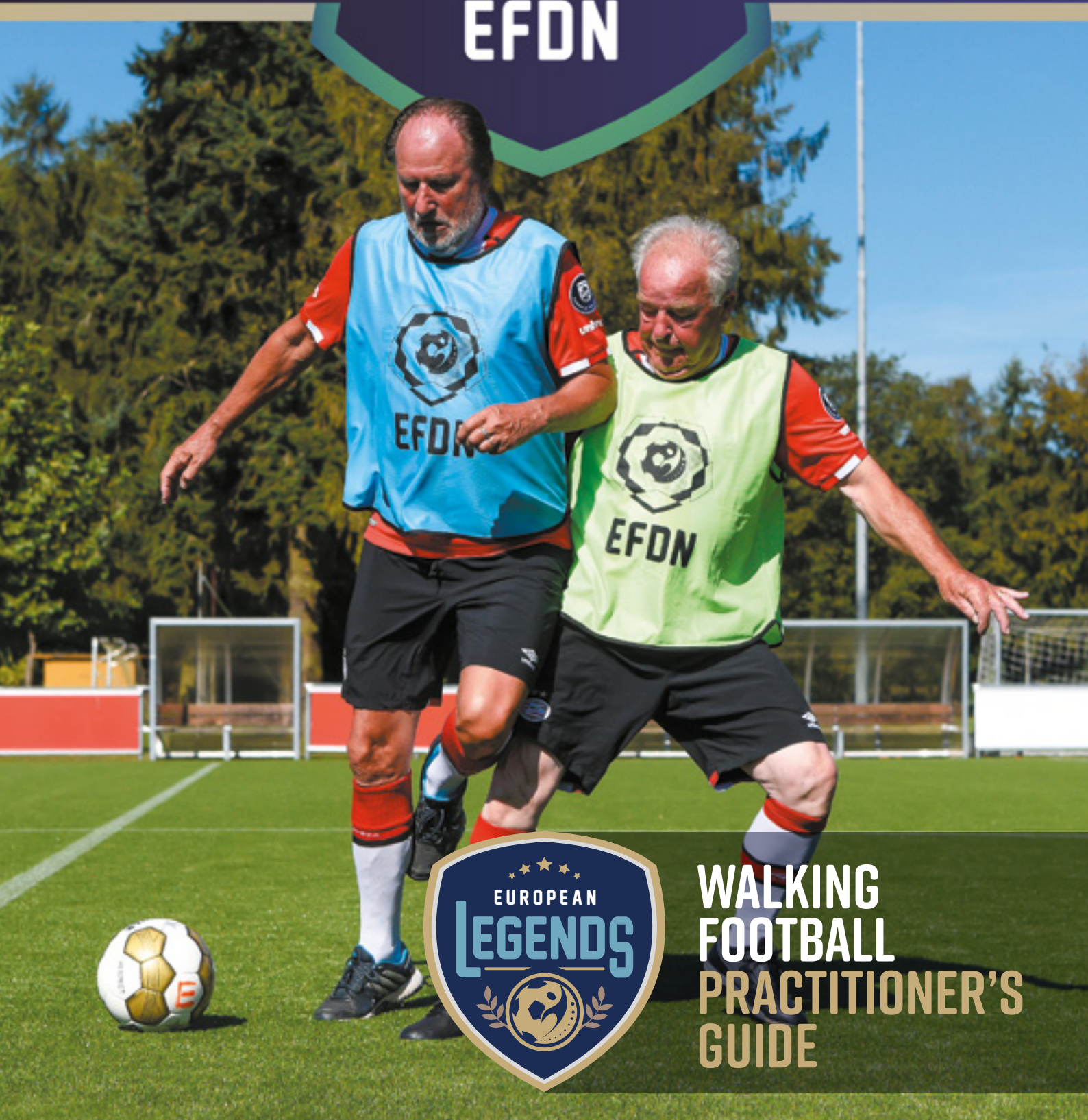


European Football for



Development Network

EFDN



WALKING FOOTBALL PRACTITIONER'S GUIDE

CHANGING LIVES THROUGH FOOTBALL

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THE PEOPLE'S GAME POSSIBLE AT EVERY PACE.

Walking Football is simply football without running. Playing the game at a more feasible pace eliminates barriers and provides greater accessibility to the sport. It is available for participants who wish to continue to engage in football, but who may have previously been forced to stop playing the game they love due to age or injury. Walking Football and other forms of Walking Sport have become an increasingly popular form of physical activity and sport participation in Europe.

The Walking Football methodology was first carried out in the UK in 2001, and has since expanded to inspire men and women over the age of fifty to be more physically active, exercise more frequently, and to counter social isolation. Throughout Europe, thousands of older men and women are now rediscovering the joys of football by playing it at a more leisurely pace.

In addition to encouraging older individuals to get back into participating in sport, the social aspects of Walking Football sessions provide opportunities to socially engage and connect with peers in the community, effectively combating social isolation and addressing mental health issues.

The intention of the European Football for Development Network (EFDN) was to assemble best practices, ideas, and rules within various Walking Football programmes to create a consolidated European methodology for Walking Football and a Walking Football Practitioner's Guide. The guide highlights how such innovative programmes can provide alternative interventions around health and wellbeing in communities and can bring organisations together to achieve a common goal.



INTRODUCTION



THIS WALKING FOOTBALL PRACTITIONER'S GUIDE HAS BEEN CREATED TO PROMOTE THREE KEY OBJECTIVES:

1

INCREASE PARTICIPATION IN SPORT,
PHYSICAL ACTIVITY AND VOLUNTARY ACTIVITY

2

RAISE AWARENESS ABOUT THE HEALTH AND
WELL-BEING BENEFITS OF AN ACTIVE LIFESTYLE

3

PROVIDE THE SPORTING COMMUNITY WITH A USER-FRIENDLY
GUIDE ON HOW TO IMPLEMENT WALKING FOOTBALL AND
WALKING SPORT PROGRAMMES WITHIN THE COMMUNITY

The Walking Football Practitioner's Guide aims to provide an overview and examples on how the Walking Sport methodology in general can be used to develop a variety of walking sport programmes. The guide is supported by an online platform that provides access to greater resources for participants, stakeholders, clubs and community groups.

It intends to provide a starting point for new programmes to get “up and walking” and to contribute to the sustainability of new and current Walking Football and Walking Sport programmes.

EFDN

The European Football for Development Network (EFDN) consists of professional football clubs who are committed to their

communities and social responsibilities and have the passion to cooperate and engage on a European level. This collaboration creates a network for knowledge sharing in order to develop a diversity of training methods that will directly benefit local social responsibility and community programmes. The goal of EFDN is to support the efforts of its members to broaden their impact and to use the power of football for positive change in collaboration with other European Football clubs.

The network currently consists of 52 clubs from 22 European countries, who benefit from our official strategic partnerships with Football Against Racism Europe (FARE), Centre for Access in Football Europe (CAFE), the Social Football Club Alliance, European Healthy Stadia Network, European Club Association and UEFA Foundation for Children.



EFDN

European
Football for
Development
Network

WHY DO WE DO IT?

Football, and sport in general, is increasingly becoming recognised as a valid tool for community development and for addressing social issues. Football for development programmes are providing people from different backgrounds with the skills and resources to actively make a difference in their own lives, and the lives of those in their community. By addressing the most pressing issues in each community, the programmes are contributing to positive social change on a European scale. Football has the power to change lives. The positive physical benefits of football can address health issues, and the social aspects of participation in football can aid in tackling issues such as racism, employability skills, school attendance, and help to create positive community role models. Football can enhance individual development and self-confidence, and convey values of team spirit, fair play and responsibility. It teaches youth how to deal with victory and defeat, to solve problems and learn to respect rules.

HOW DO WE DO IT?

The goal of the network is to share knowledge and experiences on a European level to enhance quality and efficiency of national and local football for development initiatives. This is achieved through European exchange programmes for staff, volunteers and participants, international conferences to share best practices, our online learning platform and the development of European community programmes for the member clubs.



EUROPEAN LEGENDS

The European Legends programme was a Walking Football and Walking Sport initiative that was coordinated by EFDN and co-funded by the European Union through Erasmus Sport + and its partners. European Legends consisted of 14 organisations from 7 different countries who participated in a comprehensive initiative of Walking Football sessions. European Legends kicked off in January 2016 and was delivered over a 24-month period.

The programme promoted the aims of the Health Enhancing Physical Activities (HEPA) Guidelines, put forth by the Directorate-General for Education and Culture of the European Commission, Sport Unit (2008), underlining the European values of sport. Additionally, it increased the awareness of the role of sport in promoting health-enhancing physical activities, social inclusion and equal opportunities.

Through the effective cooperation between all 14 organisations, the European Legends programme consisted of the implementation of Walking Football training sessions at each organisation, national European Legends Sport events, seminars in seven European countries and a final international Walking Football festival.

The programme met the objective of increased participation in sport, physical activity and voluntary activity in its target group of individuals ages 50+. Until recently, this target group remained largely out of reach for grassroots sport clubs and sport based community organisations. However, Walking Football and Walking Sport methodologies have proven to be an effective way to target this challenging-to-reach population.

The second objective of the European Legends programme was to produce a Walking Football and Walking Sport Practitioner's Guide, that would enable sport clubs, community organisations and sport governing bodies from all parts of Europe to implement the methodology in their respective regions and inspire thousands of others to get involved in Walking Sport.



WALK YOUR WAY BACK TO FITNESS

AY



SOCIAL & HEALTH IMPACT

A key element for the European Legends programme was to understand the social impacts and the health impacts on participants in Walking Football and Walking Sport programmes.

The intent of the programme was to increase engagement in health-enhancing physical activities (HEPA) and to promote the true values of European sport, which include promoting sport and physical exercise amongst older people. Additionally, it aimed at advancing the culture of sport and values such as fair play and teamwork.

The programme has worked towards addressing overarching European Policy in the field of sport through the collective organisation and documentation of new and innovative sport methodology.

The following section consists of information that has been collected from European Legends partners, research studies and health industry reports regarding the impacts of Walking Football from a scientific perspective.

WHAT WE HAVE LEARNT?

Throughout the life of the programme, European Legends Walking Football sessions have provided a platform for positive intervention. In addition to the physical health benefits that participants have reported due to practical sessions, they have also experienced greater social interaction. The sessions provided an opportunity and environment for participants to socially interact with one another during tea and coffee or light lunches, or by engaging in games and quizzes. The case studies and testimonials within this guide will highlight the various benefits that European Legends participants experienced.

EUROPEAN LEGENDS PARTNERS

European Legends partner, Fulham FC Foundation, conducted an impact report based around three components:

1. **Social connection**
2. **Change in Body Mass Index (BMI)**
3. **Increase in activity**

The report demonstrates that the aims and objectives of the programme were fulfilled throughout the duration of the European Legends Walking Football programme. The report highlights the progress made by participants who initially reported physical health conditions such as obesity, and mental health conditions such as depression.

Over a 15-week period, the report showed an increase in social connection, increase in physical activity and shift in BMI to a healthier category. From the first cohort of 11 participants, 7 (53%) increased their overall physical activity score during the intervention, 2 (15%) saw no change, and 1 (8%) decreased their physical activity score overall. Of the 11 total participants, 7 participants saw a positive BMI shift over the course of the programme. One player lost a total of 3kg, one player lost just over 2kg, and three players lost more than 1kg. It should be noted, however, that weight loss in this age cohort is not expected at the same rate as it is expected in younger age groups.

“WHEN I WATCHED THE VITESSE LEGENDS PLAY FOR THE FIRST TIME I THOUGHT TO MYSELF – THIS IS IT! WHEN I WAS YOUNGER, I USED TO DO A LOT OF SPORTS. BECAUSE OF WORK AND OTHER THINGS I QUIT SPORTING AND INSTEAD STARTED SITTING ON THE COUCH. WALKING FOOTBALL REALLY SUITS ME. THE SOCIAL PART IS WHAT MAKES IT UNIQUE. EVERYONE CAN SHARE THEIR STORIES AND THAT COMPLETES THE PROGRAMME FOR ME.”





1

**SOCIAL
CONNECTION**

The National Health Service in the UK (NHS) is currently struggling to engage men aged 50 to 70 years in activities that prevent some of the conditions mentioned above. The national health care system is increasingly pressured to provide solutions and preventative programmes for this population that experiences chronic sickness later in life. Activities and initiatives such as Walking Football can provide support mechanisms for this target group and are welcomed by the NHS.

2

**CHANGE
IN BODY
MASS INDEX
(BMI)**

3

**INCREASE
IN
ACTIVITY**

SOCIAL & HEALTH IMPACT

Researched Based Evidence

Walking Football and Walking Sport has not only captured the attention of participants, authorities and national governing bodies throughout European communities, but it is now walking its way onto the research radar of educational institutions.

Universities and researchers are interested in studying Walking Football activities in order to understand the social and health impact these innovative sessions are having on the participants. Since 2015, two universities in England have carried out extensive research to explore the benefits of Walking Football. Both Southampton University and Aston University Birmingham have shared their results.

SOUTHAMPTON SOLENT UNIVERSITY

The study conducted by researchers at Southampton Solent University aimed to assess whether Walking Football is able to provide sufficient physiological stimulus to increase, enhance and inspire positive health and training effects; specifically,

body shape, fitness and attitudes towards physical activity. For the pilot study, ten male participants completed a 12 –week Walking Football programme – consisting of a single two- hour training session (multiple 5-a-side games) each week (Arnold, Bruce-Low and Sammut, 2015).

A series of physiological and psychological tests were conducted before and after the programme duration. The study concluded that Walking Football improved all anthropometric and fitness measures, as well as producing positive attitudes to physical activity, Walking Football (Arnold, Bruce-Low and Sammut, 2015). Professor Stewart Bruce-Low, research lead and Laboratory Director at Southampton Solent says: “With the potentially crippling overuse of the NHS, it is imperative that the UK

population takes much greater ownership of their health and wellbeing to help relieve the stress placed on this service (Arnold, Bruce-Low and Sammut, 2015).

ASTON UNIVERSITY

A team of researchers, led by Peter Reddy from Aston University conducted a pilot study on Walking Football, which aimed to investigate the experience of older adults playing football every week, the intensity and locomotor pattern of Walking Football, the scale and nature of Walking Football health benefits, and various possible cognitive benefits of playing Walking Football (Reddy et al., 2017).





The study compared two groups before and after 12 weeks of one-hour weekly Walking Football sessions. The study concluded: “Walking Football is a lower impact but authentic form of football that enables older players to extend their active participation”, and “Walking Football is enjoyable and moderately demanding and may be a sustainable form of exercise for older adults” (Reddy et al., 2017).

Ultimately, people who play sport at amateur and professional levels give it up in their late thirties, but the evidence suggests there is no reason not to enjoy the beautiful game until well into your sixties and even seventies.

AGE UK – HEALTH CHARITY

Age UK is the UK’s largest charity dedicated to helping everyone make the most of later life. Age UK provides services and support at a national and local level to inspire, enable and support older people. The charity stands up and speaks for all those who have reached later life, and also protects the long-term interests of future generations

RESEARCH

The research carried out by Age UK provides findings from a qualitative evaluation of a project aimed at supporting seven local Age UK partners that began offering the activity of Walking Football. The qualitative evaluation has been carried out by Vinal K Karania (2015) a Research Manager at Age UK National.

“The local Age UKs all delivered a similar Walking Football model that involved three elements: warm-up; playing Walking Football and the opportunity to socialise after the game. The activities were delivered across a range of settings including indoors and outdoors and from school halls to leisure centres” (Karanian, 2015). The results from the evaluation found that Walking Football programmes led to a physical, mental and social improvement, and contributed to individual empowerment. Overall, it was reported that “Walking Football has enabled a range of different older people, including those with physical disabilities and those living with dementia, to engage in and participate in sporting activities with some participants flagging benefits from improvements in physical and mental health and well-being” (Karanian, 2015).



MONITORING & EVALUATION OF YOUR WALKING FOOTBALL PROGRAMME



As an aid to provide evidence that your Walking Football session is having an impact on the health and social well-being of the participants engaged in the programme, you can follow three easy steps to gather data. We suggest providing the following questionnaire template for participants to complete a three points during the programme: before they start the programme, during the programme and once they finish. It is best to collect the data over a ten-week period, and to be transparent with your participants as to the reasons why you are asking them to complete the forms and what you intend to use the data for.

HOW CAN I USE THE DATA?

It takes some time and effort to collect the data from your participants, but the process is rewarding. Collecting data allows you to provide participants with information on their progress, such as achieving goals and setting targets.

Additionally, data collection is essential to the sustainability of your Walking Football programme. When collaborating with potential partners such as housing associations or sponsors to raise funds, you will be able to demonstrate how your Walking Football session is having an impact on participants.

PRE, MID TERM & POST QUESTIONNAIRE

Instructions

The questionnaire is a tool to monitor and evaluate the participants journey from the start of the programme all the way to the end of the programme. The completion of the questionnaire will highlight whether the programme has had an impact on the participants. One questionnaire form will be used to record participants perceptions on how they have performed, how they rate their own skills, and their perceived wellbeing before, during and after the programme.

DATA COLLECTION TIMELINE

- START**
- At the beginning of the programme; how do you rate your initial skills and well-being
- MID TERM**
- During the programme; rate your skills and well-being at this stage
- END**
- Rate your skill and well-being at the end of the programme



SCORING TABLE

- 1 = Low Score / 6 = High Score

FILLING THE BOXES

- Please shade the relevant boxes, for example: if you have chosen to score 2, shade boxes 1 & 2.

EXAMPLE:

3	MENTAL HEALTH					
	<i>Physical Health, Better Mobility, Improved Stamina, Improved Strength</i>					
START	1	2	3	4	5	6
MID TERM	1	2	3	4	5	6
END	1	2	3	4	5	6

EUROPEAN LEGENDS PARTICIPANT QUESTIONNAIRE

NAME / PROJECT / CLUB	NAME						
	PROJECT						
	CLUB						
DATES	START		-		-		
	MID TERM		-		-		
	END		-		-		

Please fill in your Name, Project and Club:

Please fill in the dates of Start, Mid Term and End:

1 MENTAL HEALTH

Self Esteem, Self Belief, Self Respect, Self Awareness

START	1	2	3	4	5	6
MID TERM	1	2	3	4	5	6
END	1	2	3	4	5	6

6 GENERAL HEALTH

Physical Health, Better Mobility, Improved Stamina, Improved Strength

START	1	2	3	4	5	6
MID TERM	1	2	3	4	5	6
END	1	2	3	4	5	6

2 PHYSICAL HEALTH

Feeling Fit, Better Stamina, Improved Strength

START	1	2	3	4	5	6
MID TERM	1	2	3	4	5	6
END	1	2	3	4	5	6

7 COMMUNITY ENGAGEMENT

Willingness to volunteer with Club or Local Community Groups

START	1	2	3	4	5	6
MID TERM	1	2	3	4	5	6
END	1	2	3	4	5	6

3 WELL-BEING

Better Mobility, Feeling more active

START	1	2	3	4	5	6
MID TERM	1	2	3	4	5	6
END	1	2	3	4	5	6

8 PROJECT DELIVERY

Organisation, Communication, Sessions, Matches, Tournaments

START	1	2	3	4	5	6
MID TERM	1	2	3	4	5	6
END	1	2	3	4	5	6

4 WALKING FOOTBALL PROJECT

Enjoyment, Fun Factor

START	1	2	3	4	5	6
MID TERM	1	2	3	4	5	6
END	1	2	3	4	5	6

9 STAFF ENGAGEMENT

Interaction, Delivery style, Professionalism

START	1	2	3	4	5	6
MID TERM	1	2	3	4	5	6
END	1	2	3	4	5	6

5 WORKING WITH OTHERS

Team Work, Respecting others

START	1	2	3	4	5	6
MID TERM	1	2	3	4	5	6
END	1	2	3	4	5	6

10 SETTING AND ACHIEVING GOALS

Motivation, planning and organising personal & social Interests

START	1	2	3	4	5	6
MID TERM	1	2	3	4	5	6
END	1	2	3	4	5	6

PARTNERSHIPS & FUNDING OPPORTUNITIES

Developing partnerships and funding opportunities are critical elements in supporting the creation of your new Walking Football programme. Through the work of the European Legends partners, we will outline various examples of how your sessions can be supported. This will enable the programme to be sustainable in the future.

WHO & WHAT ARE PROGRAMME PARTNERS?

Programme partners are individuals, groups or organisations in the community that can have an impact on the delivery of your Walking Football programme, or who will be affected by the outcome and objectives of the Walking Football programme. Programme partners are essentially the people, groups and organisations with vested interest in the social impact of the programme.

The creation of a Steering Committee is of great benefit for your Walking Football programme. A Steering Committee can provide stability for the programme and its objectives, and ensures the sustainability and accountability for a shared vision.

EXAMPLES OF PROGRAMME PARTNERS ARE:

- FANS
- TARGET GROUP
- MUNICIPALITY / LOCAL GOVERNMENT
- LOCAL HOUSING ASSOCIATIONS
- HEALTH SERVICES
- LOCAL COMMUNITY FOOTBALL & SPORTS CLUBS
- LOCAL / REGIONAL FOOTBALL ASSOCIATIONS
- PROFESSIONAL FOOTBALL CLUBS



The example list of programme partners represents those stakeholders who can provide valuable assets to your Walking Football programme. These stakeholders can play a positive role in fulfilling shared objectives surrounding health initiatives. Building a programme with local partners who have shared objectives will be more beneficial to the community as a whole, as the programme will also complement and supplement partner objectives.

FANS

Fans are a key source to find participants for the programme who are loyal stakeholders of the club. Fans are an integral starting point for spreading the word to associated supporter groups in the stadium and community. Fans can also be a voice for your Walking Football programme through social media platforms.

TARGET GROUPS

The Walking Football programme will focus on attracting a particular target group of participants. The format of Walking Football suggests that the target participants display the following characteristics: be over 50 years of age, male or female, tackling health issues such as obesity, heart conditions, feelings of social isolation or dementia etc. In recent programme, the target groups have also included a broader age range, in order to incorporate those who are recovering from an injury. The Walking Football format is well designed to be accessible and accommodate those suffering from an injury.

LOCAL MUNICIPALITY & LOCAL GOVERNMENT

It is a good idea to keep local municipalities and local governments informed about your potential Walking Sport programme. Dealing with the authorities does not have to be daunting. By contacting your local community and health service departments, you will stay informed on up to date information regarding the current services being delivered in your area. Additionally, local services and governments can provide details on how to best contact other delivery partners to support your Walking Sport programmes.

LOCAL HOUSING ASSOCIATIONS

Informing housing associations in your area about your Walking Football programme may allow for access to specific funding opportunities related to corporate and social responsibility. Housing associations are not only responsible for social housing and living conditions, but also to provide and contribute to health and lifestyle initiatives. The more proactive and timely you are about contacting your local housing association and building a relationship, the faster and more easily you may be able to access this funding.

HEALTH SERVICES & CHARITIES

There are many charities and services that exist across Europe whose objectives may be in line with your Walking Football initiative. A clearly defined set of objectives that your session aims to have can create a basis for understanding which health services and charities might want to get involved in your programme. Their involvement can range from providing funding, to assisting with monitoring and evaluation, to helping find potential suitable participants.

During the course of the programme, European Legend partners have successfully engaged with the following health services:

- MENTAL HEALTH SERVICES
- MEN'S HEALTH GROUPS AND SERVICES
- HEART FOUNDATIONS
- DEMENTIA SERVICES AND CHARITIES
- ALZHEIMER'S SERVICES AND CHARITIES

LOCAL/REGIONAL/NATIONAL FOOTBALL ASSOCIATIONS

In some countries the local football association will be able to offer best practice advice from other local Walking Football sessions and inform you about any current football programmes that could support your session, and also help promote your programme. Additionally, some local football associations will be able to assist you with local funding applications for small grants or even sourcing kits and equipment.

The Local Professional Football Club Professional football clubs often host community programmes and initiatives that deliver a range of activities. These initiatives engage with the local community through programmes involving life skills development to community cohesion projects. Involving a football club in your programme can be a great asset as they can offer their branding, experienced coaching and facilities.





TIPS

STEERING COMMITTEE

The Steering Committee aims to find as many partners as possible who can bring expertise to your Walking Football operation. The Steering Committee should provide their opinion and feedback on all aspects regarding the development of the programme. The objective of this committee is to hold discussions, lend their expertise, and enhance the opportunities available for the programme.

- Aim to be involved in other Steering Committees or groups within the community in order to gain further knowledge, input and awareness about community objectives. A more holistic understanding of community programmes will help you to better establish the direction, objectives and sustainability of your programme
- It is important that the Steering Committee be representative of different organisations in the community, such as housing associations, local authorities, health services, youth services, associations for the elderly etc. to incorporate diverse opinions and needs
- Try to host one of the Steering Committee meetings at one of the Walking Football sessions. This will help to give context to the group, and put ideas into perspective

MARKETING

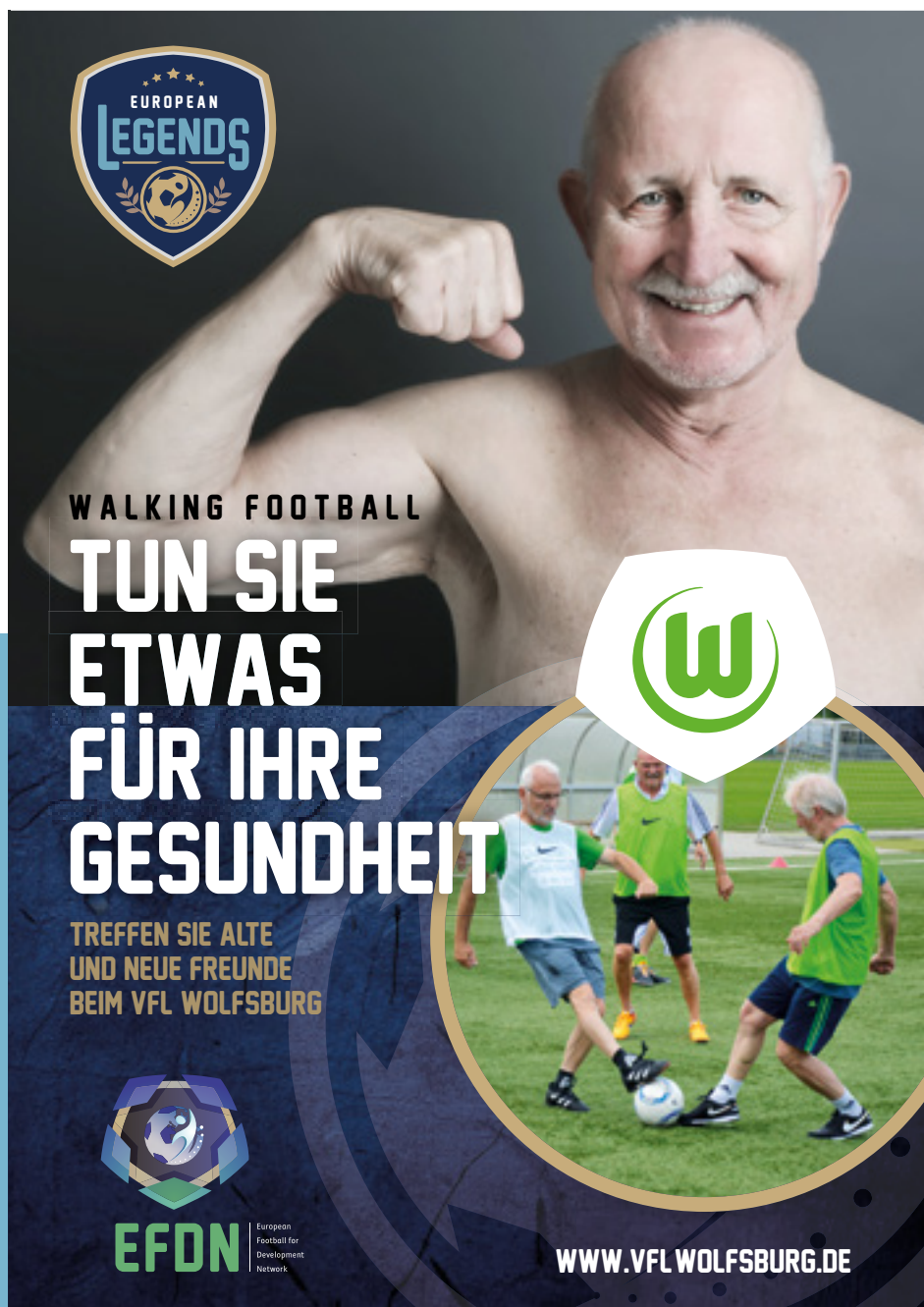
MARKETING YOUR WALKING FOOTBALL SESSION

Once you have established when and where the Walking Football sessions will be delivered, it is time to start marketing your session to attract participants! Marketing can seem like a daunting task, but if you follow these basic steps your sessions will attract participants from the target groups that you seek.

POSTERS & FLYERS

These are traditional methods of advertising, which remain relevant and will enhance the visibility of your programme in and around the local area. Posters and flyers should be put up and distributed in strategic locations such as community centres, libraries, supermarket information boards, and most importantly your programme venue.

It is useful to provide flyers to other community groups in the area who can facilitate the further distribution of flyers to potential participants. You can create posters and flyers using word or publisher documents or other basic computer programme. Alternatively, you can use a designer to create a poster.



TIPS

When promoting and advertising your Walking Football session you may want to consider the following messages to entice your target audience. The following are examples of content that can support your flyers and posters:

- **Stay Active**

Are you looking for a way to stay active? Do you want to increase your physical activity and be able to enjoy your day to day activities? Walking Football sessions are just place to keep up and active lifestyle and meet new friends!

- **Don't just exist, LIVE!**

Tired of the same routine day in and day out? Are you ready to try something new and exciting? Walking Football sessions are just that! Once you join in on the fun, you will never look back!



WALKING FOOTBALL SESSIONS

OPEN TO MEN AND WOMEN

**Join our *free*, new and exciting walking football sessions.
Stay active while having fun and learning a new sport!**

The sessions will be conducted by Tottenham Hotspur Foundation's specialist coaches who will teach you the rules and techniques of the game. Participants will get the chance to form teams to play in upcoming five-a-side tournaments.

Age: 50 and over Day: Every Wednesday Time: 5pm - 6pm	Venue: LLDD Centre of Excellence Barnet and Southgate College Southgate High St, N14 6BS
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Contact

Frank Kain 07775 423472 frank.kain@tottenhamhotspur.com	- or -	Peter Stone 07787 504237 peter.stone@tottenhamhotspur.com
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Refreshments will be available before and after the sessions.
 **Free parking is available at the College. Our coaches will meet you at the front gate and take you to the Centre. **






Co-funded by the
 Erasmus+ Programme
 of the European Union

FLYERS & POSTER DESIGN

When designing flyers, posters or putting together promotional material, there are several key statements that are useful to include in order to attract your potential target group for your session. For example, include informative statements such as: target age group, day and time of sessions, location of sessions, and contact information of the organiser.

LOCAL MEDIA CHANNELS

Using local media channels such as the local newspaper or even the local radio station is a great way to spread the word about your Walking Sport session throughout the community. Local newspapers will be interested in what you are doing so invite them down to your session to take photos and do interviews with your participants.

LOCAL COMMUNITY GROUPS

Investigate the different community groups that exist in your area, especially those which will fit your participant profile. Reach out to them to see if you can speak to them and present your session. The opportunity to include a personal introduction of the programme will demonstrate your enthusiasm and passion for what you are doing!

SOCIAL MEDIA PLATFORM - FACEBOOK

A great way to keep connected with your participants is by creating a Facebook page. Facebook is a valuable tool to showcase the Walking Football session using photos, videos and updates. Additionally, the participants will have the opportunity to like, comment, and share the Facebook page which will further publicise the sessions to new potential participants.

• *Feel United*

Not sure how to spend all your free time? Come spend it at a Walking Sport session, where the team gathers together just like the old days! Keep active and keep together!

• *Just Like It Used To Be!*

Do you remember how sport used to make you feel? There's no reason why you can't get that same feeling back. Join the Walking Football sessions and get back on the pitch again - at your own pace!

• *Come and Join Us!*

Stuck in the same routine? Do you want some excitement, fun and enjoyment? Joining the Walking Football session will put that spring back in your step! So, come on down, meet new people and feel the health benefits!

• *Inspire Your Children and Grandchildren*

It's great cheering on your children and grandchildren - but now it's time to show them how it's done! Set the example, and get involved in Walking Sport. Next time it will be them coming to watch you play!



HOW TO PLAN YOUR WALKING FOOTBALL SESSION

PLANNING

The lifecycle of the European Legends programme has highlighted the importance of clearly planning where, what time, and how Walking Football sessions will be scheduled and delivered.

This section provides useful information to understand what actions you will need to take, and key items you will need to consider when planning your Walking Football session.

VENUE AND ENVIRONMENT

The venue that you intend to use for your Walking Football sessions should be located at a central point within the community and be accessible for all. Using facilities that have a high visibility and are easily recognisable, as well as being central in the community enhances the prospect of attracting participants.

For example, during the European Legends programme partners have used venues such as leisure centres, community facilities, and professional football club facilities for their Walking Football sessions.

Walking Football sessions can be facilitated at both indoor and outdoor venues. There is no harm in changing the facilities from outdoors to indoors to accommodate for weather as the winter months approach, as is done by our Norwegian partner Vålerenga Football Club. The transition from an outdoor venue to an indoor



venue will be a smooth process if it is communicated ahead of time.

In order to manage your budget wisely, start the process of searching for a venue well in advance of your Walking Football sessions, to find a suitable venue at the

lowest possible costs, or where discounted rates can be provided. It is also important to secure your booking at the desired facility ahead of time, especially if you wish to use a popular and central community sporting venue.

VENUE FACILITIES

It is important that the venue you select is a multi-purpose facility, in order to satisfy the objectives of the programme. The venue should have football playing pitch but also other integral services such as first aid, changing facilities, toilets, access to refreshments and an area where the participants can sit together and socially interact once the session is over. An integral component of the Walking Football programme is the social gathering after the practical session. The opportunities for social interaction are highly valued by participants and complete the holistic and overall purpose of the Walking Football session.

SCHEDULING SESSIONS

Our European Legends partners have advised avoiding certain times for holding Walking Football sessions. The partners

experienced that achieving a high level of attendance is unlikely on Friday evenings, Sundays and lunchtimes during the week. The best way to schedule sessions is through consultation with the entire group in order to receive feedback from participants on what days and times work best. This will lead to a sufficient and adequate attendance at each session.

According to our European Legends partners, sessions that experienced a high level of attendance were held either in the morning, right before lunch or before afternoon tea during weekdays. KAA Gent, a European Legend partner, delivers two separate sessions during the week, on different days, with one session in the morning and one session in the afternoon. Structuring the sessions in this way provides flexibility and options, making programme participation more accessible.

PARTICIPANT AGE CRITERIA

Walking Football naturally attracts older participants due to the walking format of the game. The objectives of Walking Football and Walking Sport are to increase levels of physical fitness and decrease feelings of social isolation in older participants, as these issues tend to happen more frequently in ageing populations. However, there are younger players who are recovering from injuries who would like to continue to participate in sport but at a less-intensive level. European Legends partner Tottenham Hotspur Foundation, engaged participants as young as 30 years of age who are recovering from injuries such as a knee operation. The foundation uses Walking Football as an option for rehabilitation. Ultimately, while the target age group for Walking Football participants is typically ages 50+, it is best to avoid putting a definitive age restriction on participation, so as to not limit potential participants.

EQUIPMENT

GOAL POSTS

Most venues that you book will have goal posts. They can come in different sizes, such as full-size goal posts or 5-a-side goal posts. Ideally, for the Walking Football format 5-a-side goal posts (3.6m x 1.2m or similar), are most suitable.

BIBS

Bibs are very useful for the session. They provide a visual indicator for players to know where their teammates are on the pitch during session drills and for football games. From a visual perspective, it can make your session appear more professional.

FOOTBALLS

Footballs are necessary during the session, which should include various drills and provide participants with the opportunity



to familiarise themselves with the football. Across the regions, Walking Football sessions typically use a size 5 football. Some sessions use futsal balls to minimise the ball speed in the air.

CLOTHING

Walking Football and Walking Sport is a leisure activity, therefore it is important that participants are comfortable in their attire. For health and safety reasons it is advised that football boots, shin pads and training gear (t-shirt/shorts/ jogging pants) are worn.

Considering that participants may not have played football in some time, it is important to keep it simple with gear requirements. Over time, participants will come more and more prepared!

Depending on the partners involved in your Walking Football programme, you may be able to access funding in order to provide football kits, or to support your team's attendance at Walking Football tournaments and festivals.

HEALTH & SAFETY



IT IS CRITICAL THAT A FIRST AID KIT IS READILY AVAILABLE DURING ALL SESSIONS. MOREOVER, PARTICIPANTS MUST DISCLOSE IF THEY HAVE HAD ANY INJURIES OR ISSUES THAT THE COACH AND ORGANISER SHOULD BE MADE AWARE OF, PRIOR TO THEIR PARTICIPATION IN THE SESSION. CONSIDERING THE AGE OF THE PARTICIPANTS, BEING PROACTIVE ABOUT HEALTH AND SAFETY CONCERNS IS OF THE UTMOST IMPORTANCE.

It is critical that a first aid kit is readily available during all sessions. Moreover, participants must disclose if they have had any injuries or issues that the coach and organiser should be made aware of, prior to their participation in the session. Considering the age of the participants, being proactive about health and safety concerns is of the utmost importance.

FIRST AID KIT

In line with health and safety requirements, all sessions must have access to a first aid medical bag at pitch-side. Such first aid kits can be purchased from standard supermarkets or pharmacy stores. If you are hosting your session at a community centre or leisure centre, first aid kits will be readily available, typically with a designed qualified first aider onsite.

PARTICIPANT AGREEMENT

The participant agreement and consent form is a vital component for the Walking Football or Walking Sport programme. It will provide you with information on the participants attending the session. Key details for participants to include on the form are: name, address, post-code, contact telephone number, email address,

and gender. This will also provide you with the opportunity to create a database for your Walking Football session. The database can aid in the monitoring and evaluation of programme results, as well as to communicate news and information to participants.



1 PARTICIPANT

PROJECT			
PARTICIPANT NAME			
HOME ADDRESS		NUMBER	
ZIPCODE		CITY / TOWN	
EMAIL			

2 PERSONAL CONSENT

- The activity will be supervised.
- I will attend the activity entirely at my own risk and will exercise due care to ensure my personal safety and that of others occurs.
- The Club takes no responsibility for the loss of any personal belongings.
- I declare that I have no known medical or physical condition that may be made worse by participation in the activity or precludes me from participating in the activity (If so, please detail on Medical Questionnaire form).
- I will conduct myself in a safe and responsible manner for the duration of the activity.
- I will follow any reasonable direction or advice affecting my safety given to me by programme organisers.
- I accept all risks associated with the activity for myself and my heirs, executors and assignees and release the organisation and its servants and agents from all claims, actions, suits, and demands from loss or injury to me or my dependents arising from my participation in this activity.

3 PHOTOGRAPHIC CONSENT

I hereby consent and authorise the organisation whose name appears above, to take photographs, video, film or audiotapes, that capture my name, voice, and/or image, and use them for promotional or educational/training purposes.

4 AUTHORISATION

I have read this indemnity agreement in its entirety, and i fully understand its contents.

SIGNED		NAME	
		DATE	

PARTICIPANT ATTENDANCE

We recommend that for health and safety reasons, an attendance list is maintained at all sessions. Taking attendance allows you to track who attends each session and allows you to monitor the overall attendance progress throughout the duration of the Walking Football programme. This information will also be of value to the programme partners.

Keeping track of attendance records, along with participant agreement and medical consent forms will equip you with all the necessary details and information to contact participant relatives in the case of an emergency.

The attendance form should be filled in by participants on arrival at each

session. Coaches can use clipboards and registration lists or iPads and smartphones as alternatives to more flexible forms of registration.

It is important to note that confidential data collected from participants is kept in a secure holding for data protection purposes.

Please see an example of a registration form.

WALKING FOOTBALL REGISTER

NO.	PLAYER	03 OCT	10 OCT	17 OCT	24 OCT	31 OCT	07 NOV	14 NOV	21 NOV	28 NOV	05 DEC	12 DEC	19 DEC	09 JAN	16 JAN	23 JAN	30 JAN	06 FEB	13 FEB	20 FEB	27 FEB	06 MRT	13 MRT	20 MRT	27 MRT	03 APR
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MEDICAL CONSENT FORM

As the organiser responsible for overseeing the development and implementation of a Walking Football programme, it is your duty to not only safeguard your participants, but also yourself as an organiser.

A medical consent form is to be completed by every participant prior to taking part in the Walking Football sessions. Participants

are required to inform the organisers and coaching staff about any pre-existing injuries and medical conditions or concerns. The medical form can also be part of a medical and injury disclaimer, which further protects you as an activity organiser.

The medical form ensures that you are aware of all the pre-existing injuries and

medical conditions or concerns of your participants, which enables you to be better equipped to act accordingly in event of injury or emergency.

Please see an example of a Medical consent form.



1

CLUB NAME

PROGRAMME / ACTIVITY

PROGRAMME START DATE

The purpose of this form is to allow us to adequately prepare for your safe participation in this activity. This information will be kept strictly confidential.

2

PARTICIPANT DETAILS

FULL NAME

DATE OF BIRTH

CONTACT DETAILS

MOBILE

HOME

EMAIL

FULL ADDRESS

ADDRESS

ZIPCODE

CITY / TOWN

GENDER

MALE / FEMALE

DOCTOR NAME			
CONTACT DETAILS	PHONE		
	EMAIL		
FULL ADDRESS	ADDRESS		
	ZIPCODE		CITY / TOWN
SPECIAL DIETARY REQUIREMENTS			

3

EMERGENCY CONTACT/S

FULL NAME			
RELATIONSHIP TO PARTICIPANT			
CONTACT DETAILS	PHONE 1		
	PHONE 2		
	EMAIL		
FULL ADDRESS	ADDRESS		
	ZIPCODE		CITY / TOWN

2ND EMERGENCY CONTACT/S

FULL NAME			
RELATIONSHIP TO PARTICIPANT			
CONTACT DETAILS	PHONE 1		
	PHONE 2		
	EMAIL		
FULL ADDRESS	ADDRESS		
	ZIPCODE		CITY / TOWN

4

DISABILITIES / INJURIES

DO YOU HAVE ANY DISABILITIES OR ILLNESSES?

YES / NO

PLEASE GIVE DETAILS

ARE THERE ANY OTHER MEDICAL CONDITIONS
WE SHOULD BE AWARE OF?

5

ALLERGIES

DO YOU HAVE ANY KNOWN ALLERGIES?

YES / NO

PLEASE PROVIDE DETAILS OF YOUR ALLERGY?

DO YOU SUFFER FROM ASTHMA?

YES / NO

ARE YOU CURRENTLY TAKING ANY FORM
OF PRESCRIBED MEDICATION?

YES / NO

IF YES, DETAIL NAME, DOSAGE AND FREQUENCY

THIS MEDICATION MUST BE CARRIED BY THE PARTICIPANT WHILE ON PROGRAM.

6

PERSONAL CONSENT

In the case of an emergency, I authorise the program organisers/staff, where it is impracticable to communicate with me, to arrange for me to receive such medical or surgical treatment as may be deemed necessary. I also undertake to pay or reimburse costs which may be incurred for medical attention, ambulance transport and drugs and other costs while I am attending the event/activity/program.

I understand that although the organisation tries to minimise any risk of personal injury within all practical boundaries, accidents do happen and all physical activities carry the risk of personal injury. I acknowledge that there is an inherent risk of personal injury in physical activities that will be undertaken as part of this event/activity/program

SIGNED

NAME

DATE



HOW TO DELIVER YOUR WALKING FOOTBALL SESSION

SESSION FACILITATOR OR COACH

We have now come to the stage focused on the practical delivery of the Walking Football Session. The facilitator or coach delivering the session should be a person who is able to effectively communicate with all members of the group. The coach or facilitator create a safe environment where the session is structured, but enjoyable and fun with a friendly atmosphere! European Legends partners have found that the most successful coach or facilitator for the target group is one who has a wealth of coaching experience with many age groups. Ideally the session

facilitator is a qualified coach, however, this is not essential, especially in the early stages of your programme. For example, European Legends partner Fulham Football Club identified potential participants who wanted to work towards training to achieve a Level 1 coaching certificate.

This contributes ownership from the participants and enhances the future sustainability of the programme. Information regarding the assessment of coaching qualifications and possible funding can be found at local football associations. It is important that the coach or facilitator

understands basic first aid. A first aid coaching qualification in this area is advised, to safeguard the facilitator or coach.

VOLUNTEER FOOTBALL COACHES

There are ways you can secure a qualified football coach for your Walking Football sessions without paying expensive rates for coaching services. For example, there are opportunities to use volunteer coaches who would be able to assist in delivering your session. Contact your local or regional football association and inquire if they can provide you with access to local volunteers or direct you to the relevant volunteer services.

WALKING FOOTBALL SESSION

PLAYER ARRIVAL

It is important to set the standards from the beginning of the session in regards to meeting and greeting all your participants. Introducing new players to returning players or 'regulars' is a considerate action that creates a warm welcome and positive environment. Player arrival is also a good time to complete session attendance, provide a session introduction and for participants to catch up with friends.

WARM-UP

A warm-up routine is critical preparation for any form of physical activity. The warm-up routine ensures the safe delivery of the session, especially bearing in mind the age profile of the participants. The warm-up can be delivered in a fun and engaging way and sets the tone for the sessions. Below are various examples of warm-up activities and session plans provided by our European Legends partners to help you get started!

WALKING

Walking is probably the most simple and effective thing to do in the warm-up to prepare the players for Walking Football. The activities can be done with or without the ball or by introducing 'follow the leader' games.

STRETCHING

Once you have started to get warm you should introduce stretching of the muscles to avoid the risk of participants pulling muscles. Stretching is important, as many participants may not have engaged in sport for a long time. There are different types of stretches that you can do. Performing dynamic stretches will be a safer option for your participant group. It is important to remember that your participants are not Messi or Ronaldo, so while it is important to warm up, keep it simple and fun!

DEMONSTRATIONS

A great way to lead by example as a coach or facilitator is by performing demonstrations for stretches or drills. This will be helpful for participants who are struggling to keep up with new drills, and demonstrating stretches is a great visual aid for proper technique!

SKILLS & DRILLS

Once the warm-up is completed, sessions conducted by the coach or facilitator usually move on to some basic drills and skills. These can include passing, dribbling, shooting, ball control or footwork drills for example. It is a good idea to keep drills new and engaging for participants throughout the sessions.

We have selected some example session plans from various European Legends Partners for you to use. Participant feedback has always commented on the success of these activities. For this reason, we recommend that you try some!



EXAMPLE SESSION PLANS

MORE SESSION PLANS AND VIDEOS CAN BE FOUND AT WWW.EUROPEANLEGENDS.EU



Club	Club Brugge
Group Size	14 players
Date	24/08/2017
Venue	Training field Koude Keuken: artificial grass Zandstraat 284 8200 Sint-Andries
Theme	Ball possession Use of the wingers



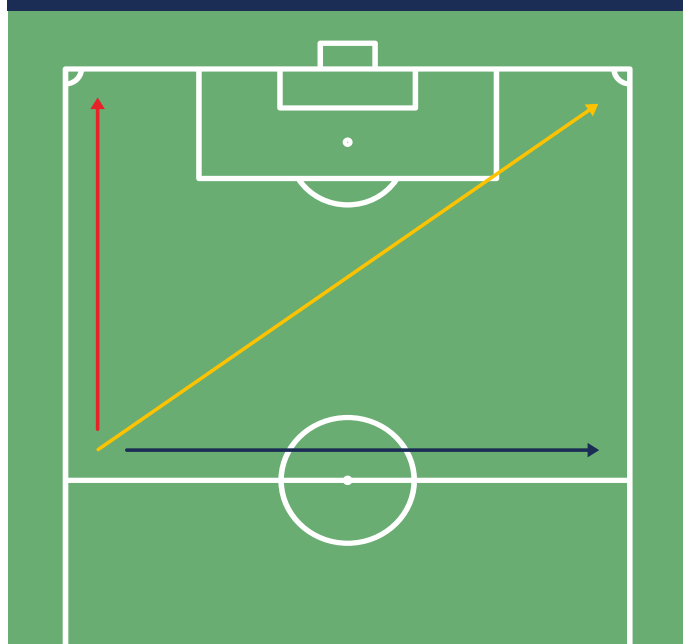
EQUIPMENT

- 2 goals (high: 1 metre, length: 2,5 metres)
- 15 cones
- 15 balls
- 15 bibs

OBJECTIVES

- Ball possession
- Use of the wingers

PRACTICE NAME: LINE-WALKING / WARM UP



3 AREAS

- ■ Blue: width = 1 point
- ■ Red: length = 2 points
- ■ Yellow: diagonal = 3 points

OBJECTIVES

The players must walk in the 3 areas. After each line, the players must do some warm up exercises, such as rotating the shoulders forward and backwards, lift up the knees, fast-walking, etc.

DURATION

10 minutes

IMPLEMENTATION RULES

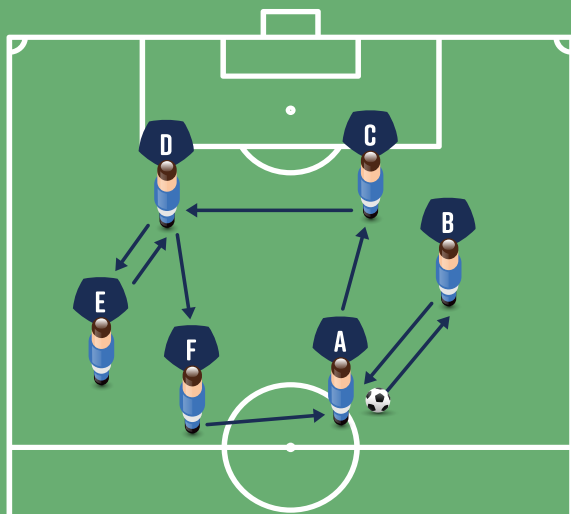
- Players are not permitted to walk the same zone twice in a row.
- If the players are walking, at least one foot must always touch the ground.

ASSESSMENT

Most points: 52

After 5 minutes, a change is added: line walking with a ball to make the exercise more difficult.

PRACTICE NAME: FAST BALL CIRCULATION



OBJECTIVES

Improved ball circulation:
8 passes

- 1 A passes the ball to B
- 2 B gives the ball back to A
- 3 A passes the ball to C
- 4 C passes the ball to D
- 5 D gives the ball to E
- 6 E passes back to D
- 7 D gives the ball to F
- 8 F passes to A

DURATION

15 minutes

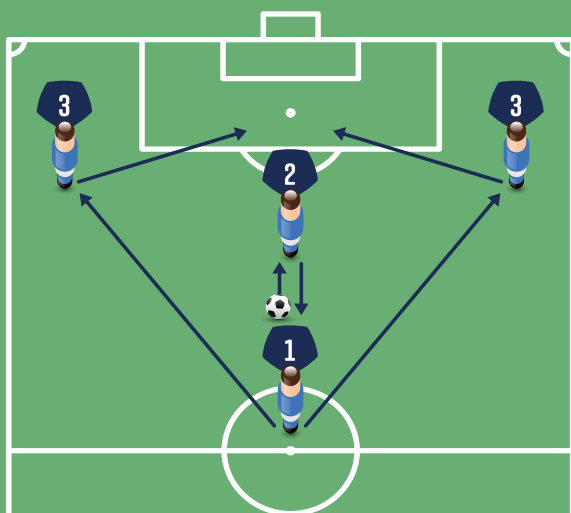
IMPLEMENTATION RULES

- Touching the ball only one or two times: fastball circulation.
- If you pass the ball, then you must follow the ball to the place where you passed the ball. A goes to B, B goes to C,...

ASSESSMENT

- After 5 minutes, if there is good ball circulation, you can switch and play in the other direction.
- Some players have difficulties understanding the drill after only one round.

PRACTICE NAME: USING THE WING PLAYERS/ FINISHING EXERCISE



OBJECTIVES

Player 1 (defender) passes the ball to player 2 (midfielder). He bounces the ball back to player 1. Afterwards: long pass from player 1 to player 3 or 4 (wingers). The winger assists the ball to player 2, who takes a shot on goal.

DURATION

20 minutes

IMPLEMENTATION RULES

- Start first to the right wing and after that to the left wing.

- Everyone stays at the same location. After 5 minutes: changing positions.
- No goalkeeper, but players must finish from at least 10 meters out on a small goal.

ASSESSMENT

- Players must continually play the ball faster.
- More focus on finishing on the goal.
- More communication on the field: call out the name of the player you passing to.

POST SESSION DEBRIEF



This is a very good training session in perfect weather conditions. Ideal to play on artificial grass.

The players were very motivated and listened to the instructions well.

REMARKS

- Too much walking in the match 6 against 6.
- More team play, too many individual actions.

- More communication on the field: call out the name of other players if you play the ball to them, so they can better anticipate the ball.
- Some players have suffered injuries, so give them stretching exercises before hand.



Club SV Werder Bremen

Group Size 12

Date 28/08/2017

Venue Werder Bremen training grounds

Theme Passing



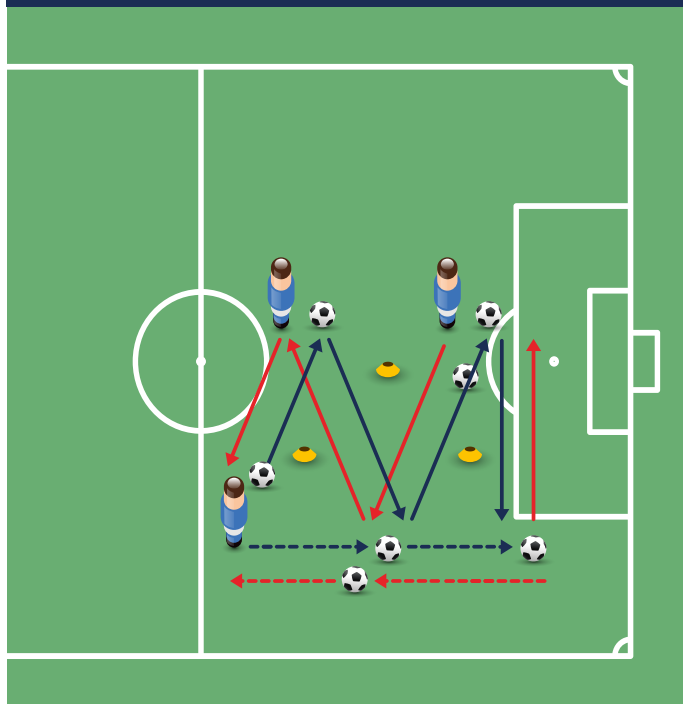
EQUIPMENT

- Balls
- Bibs
- Cones

OBJECTIVES

Improved confidence passing with both feet

PRACTICE NAME: WARM UP WITH TECHNICAL FOCUS



OBJECTIVES

Playing clean and safe short distance passes.

DURATION

10 – 15 minutes

IMPLEMENTATION RULES

Cone triangle with distances of 1m, players standing in half meter distances to cones
3 players each setup: player 1 is moving, players 2 and 3 just passing;

Player 1 starting outside the left cone playing a pass to player 2, getting a pass through the cones, playing a pass to player 3, getting a pass outside the

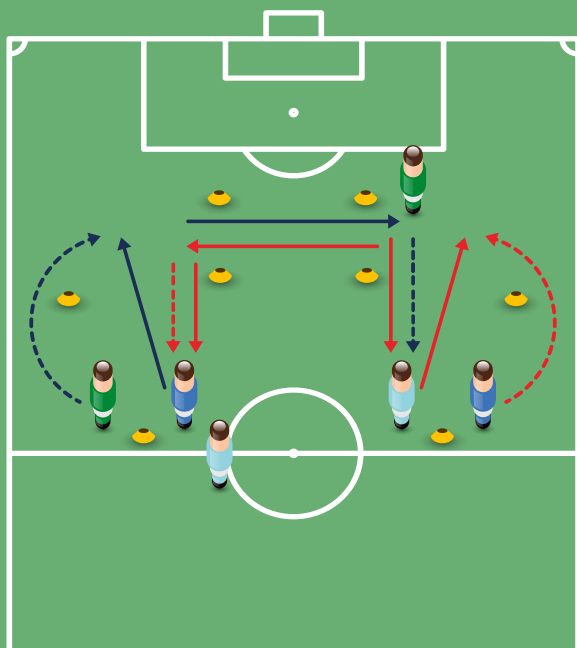
right cone, now to the other direction – playing a pass to player 3, getting a pass through the cones and so on.

Each player should be the 'moving player' for 1 – 2 minutes.

First round the moving player should only use the inside of his feet to play passes, second round the moving player should only use the outside of his feet.

ASSESSMENT

Need to slowly introduce the sequence. If players demonstrate good technique, you can extend the distance.

PRACTICE NAME: PASSING EXERCISE WITH FOCUS ON MOVEMENT**OBJECTIVES**

Playing passes while anticipating the right moment to move to the next position

DURATION

10 – 15 minutes

IMPLEMENTATION RULES

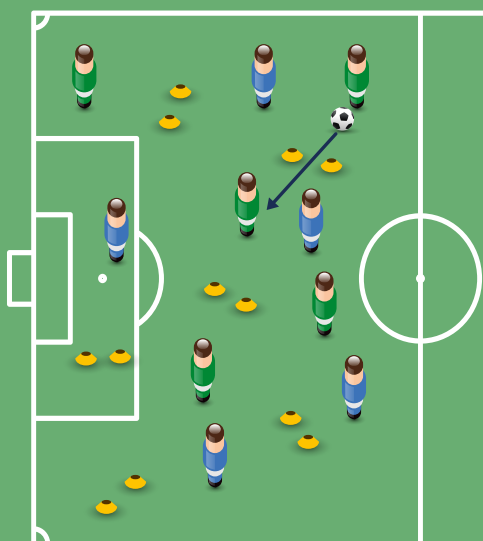
- 6 players each set up
- 3 players each side (green, dark blue, light blue)

Player 1 (green) starts walking around the cone and receives a pass from player 2 (dark blue), who then passes the ball back to player 1 (green) on the other side through the cone goals,

who then plays the ball to player 3 (light blue) and follows the pass to go to position of player 3. Meanwhile, player 2 starts walking around the cone to get a pass from player 3 so he can play a pass through the cone goals to player 1 on the left side, who plays pass to player 3 and follows the ball to position of player 3.

ASSESSMENT

First round with no limitation of passes. Second round the difficulty can be increased by playing direct passes (except from starting positions).

PRACTICE NAME: PASSING GAME WITH CONE GOALS**OBJECTIVES**

Score points by passing through the cone goals.

DURATION

15 minutes

IMPLEMENTATION RULES

Play 6 vs. 6, with 6 cone goals set up on half the pitch.

A team scores one point if one player of their team passes to another player who can control the pass through one cone goal.

ASSESSMENT

Modifying the size of the cone goals can modify the difficulty of the drill. The less players on each team, the more effort and more difficult it is for the players.

POST SESSION DEBRIEF

Each exercise includes time for comments and feedback, in order to highlight issues to concentrate on during the next round. After each training session, the team gathers to discuss the

topics from the session, and the areas of difficulty or simplicity that the participants experienced during the exercises.





Club N.E.C. Nijmegen

Group Size 20

Date 31/08/2017

Venue De Eendracht

Theme Passing and finding the free space



EQUIPMENT

- Balls
- Bibs
- Cones

OBJECTIVES

Teach the players to find the free space, and transfer this to a game situation.

PRACTICE NAME: FIND THE FREE SPACE WARM UP



OBJECTIVES

To learn to look around and try to find the free space (coloured box) in time.

DURATION

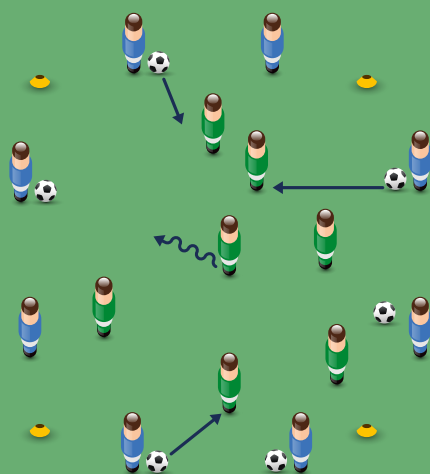
10 minutes

IMPLEMENTATION RULES

Players have to dribble in the center box at a decent pace and in a non-circular way, until the coach calls out a colour. At that moment, the players must dribble towards the named colour (box) and return to the center and continue to dribble.

ASSESSMENT

You can increase the difficulty by increasing the pace that the players must dribble, or by calling out colours to move towards more frequently.

PRACTICE NAME: RECEIVE THE BALL AND FIND SPACE**OBJECTIVES**

To open up when receiving the ball in a crowded space.

DURATION

20 minutes

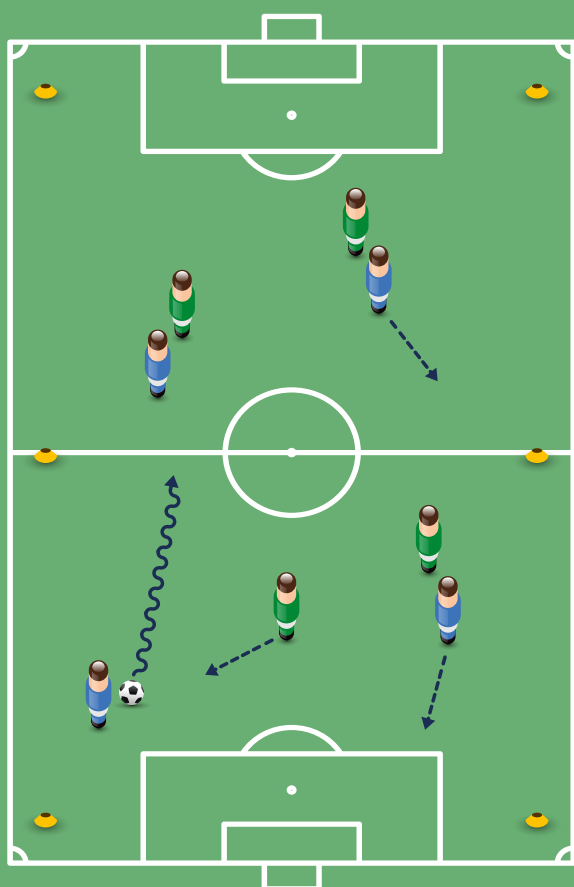
IMPLEMENTATION RULES

- Receiving players have to call for the ball.
- Players have to dribble before passing.
- After 5 minutes the players from the outside switch with the players from the inside.

Players in the middle ask for the ball from the players on the outside of the box, and open to the free space, dribble towards it and find an open player to pass the ball to.

ASSESSMENT

The difficulty can be increased by increasing the pace.

PRACTICE NAME: FINDING FREE SPACE IN A GAME SITUATION**OBJECTIVES**

Find the free space in a game situation.

DURATION

3 x 15 minutes

IMPLEMENTATION RULES

Normal Walking Football rules are applied here.

ASSESSMENT

Players play a 4v4 or 5v5 tournament with normal Walking Football rules. Players should be able to find the free space more easily. The coach will stop the game if necessary to give feedback.



WALKING FOOTBALL GAMES - LET'S PLAY!

Once you have run through some skills and drills, your participants will be ready and looking forward to playing a game of Walking Football. It is necessary before you start the game to provide information on the basic rules of Walking Football. All across Europe, there are different variations of the Walking Football format and rules. However, the basic principles are the same. We have provided a Walking Football rules guide that can help you to get started!

COOL DOWN

After your participants have completed a Walking Football session they will have exerted quite a bit of energy and they'll be ready relax! Before you head off to get changed and grab a cup of tea or coffee, it is important to carry out a cool down with



all the participants. A cool down session will aid in the recovery of participants muscles and to bring down their heart rate. Cool down and stretching will help them with movement the next day!

The cool down session only needs to take up to 5 minutes and involve static stretches. For the coach, the cool down session is also a great opportunity to provide feedback to and gain insight from the players about the session.



PART
3

HOW TO INCORPORATE THE SOCIAL COMPONENT OF YOUR WALKING FOOTBALL SESSION

An integral component of the Walking Football programme is the social gathering after the practical session. The opportunities for social interaction are highly valued by participants and complete the holistic and overall purpose of the Walking Football session. While the health benefits of the Walking Football programme can be incredible, the reason why participants were coming back week after week for sessions was due to the social element allowing them to bond with their teammates and create lasting friendships.

Selecting a venue that has a space where participants can gather socially after the practical session to have tea and coffee, lunch or light snacks is an essential component. Participants who have been interviewed about their experience in the European Legends programme, have commented on their love of the social interaction portion. They have expressed that it has contributed to the improvement of mental health issues and created a sense of belonging. The social component of the session consists of relaxing and having tea and coffee and encouraging participants

to chat about the session, the news or community. Depending on how much time you have and the type of space available, you can facilitate small workshops, quizzes and games. Additionally, you can invite other social community groups to join your sessions to promote further social interaction and participation in other community activities.



WALKING FOOTBALL RULES & REGULATIONS

Walking Football is a growing sport and sessions are currently taking part in all corners of the European community. As the sport grows to include more events and festivals, Football Association's and Walking Football groups are beginning to establish Walking Football guidelines and regulations. As a result, the rules of the game vary slightly across Europe.

The European Legends programme and its 13 professional football partners have worked together to compile a list of rules and regulations from across Europe and devised 'The 20 Golden Rules of European Legends Walking Football'



THE 20 GOLDEN RULES OF EUROPEAN LEGENDS WALKING FOOTBALL

- 1 The match is played with six players per team on the pitch (6 vs 6).
- 2 The size of the pitch is 21 meters by 42 meters.
- 3 The size of the goal is 3m (wide) and 1m (high) (3x1m).
- 4 There are no goalkeepers.
- 5 All players need to keep a distance of 3m from the goal during the game.
- 6 Players are permitted to change throughout the game. The number of substitutions is unlimited. A player who has been substituted may return as a substitute for another player.
- 7 There is no offside rule.
- 8 Tackling and physical contact is forbidden.
- 9 Players must always be walking, as defined as "always having one foot on the ground". If a player runs, the referee will award possession of the ball to the opposing team.
- 10 There are no penalties. Only indirect free kicks. All players must keep a distance of 3 meters.
- 11 It is not permitted to play the ball above the crossbar.
- 12 If the ball is played outside the pitch side-lines, the ball will be placed at the spot where it went out, and the player kicks the ball back into play.
- 13 All players from the opposing team must keep a distance of 3 meters.
- 14 If the ball is played outside the pitch goal line, a corner kick will be awarded. The ball will be placed at the nearest corner and the opposing team must keep a distance of 3 meters from the corner.
- 15 After each goal, the game starts again with a kick-off in the centre of the field.
- 16 Teams cannot score from their own side of the pitch.
- 17 If a goal is prevented in an illegal manner (such as with hands or by running to the ball), the goal will be counted as valid.
- 18 The referee can exclude a player for verbal abuse or continuous foul play. Another player will substitute the excluded player.
- 19 If a player receives a yellow card, the player needs to leave the pitch for 5 minutes but can be substituted by another player.
- 20 In case the player receives a red card, the player is excluded from the rest of the game but can be replaced by another player.
- 21 A referee's decision regarding the facts or a situation in the match are final. The decisions of the referee must always be respected.

VARIATIONS OF WALKING SPORT

The objective of the European Legends Walking Football programme is not only to promote Walking Football activities but also to inspire local community sport groups to apply the walking format to other sports.

During the life cycle of the programme, European Legends partners have engaged with local sports groups and participants to develop opportunities in other sports including hockey, tennis and basketball.

This section provides examples of how European Legends partners have applied the Walking Sport methodology to different sports. It can provide some insight on how you can develop your own Walking Sport sessions through the use of the principles in this practitioner's guide. The opportunities are endless! Good luck!

PSV FOUNDATION AND ORANJE-ROOD LAUNCH WALKING HOCKEY PILOT

The PSV Foundation and Eindhoven's Oranje-Rood Hockey Club have worked in partnership to launch and deliver a Walking Hockey pilot programme.

The PSV Foundation has been successful in delivering Walking Football sessions for 2 years in Eindhoven. The experience of developing a Walking Football session has enabled PSV to collaborate with Oranje-Rood to introduce Walking Hockey sessions. The training sessions are not only a positive way to promote physical health improvements, but also to establish regular social contacts. Each training session starts with a cup of tea or coffee and an informal gathering for participants to socialise and discuss the latest sport and local news.

VÅLERENGA FOTBALL - WALKING GOLF

Another European Legends Partner, Vålerenga Fotball from Norway, have used Walking Golf to engage with their local community. Their sessions were first conducted as a pilot, but now the club is working with local partners and clubs to make the sessions more sustainable and to move forward with more.



WALKING FOOTBALL - PLAYER TESTIMONIALS

Below are testimonials about the Walking Football programme given by participants from European Legends partner clubs.



“WHEN I WATCHED THE VITESSE LEGENDS PLAY FOR THE FIRST TIME I THOUGHT TO MYSELF - THIS IS IT! WHEN I WAS YOUNGER, I USED TO PLAY A LOT OF SPORTS. BUT BECAUSE OF WORK AND OTHER THINGS, I QUIT SPORTS AND INSTEAD STARTED SITTING ON THE COUCH. WALKING FOOTBALL REALLY FITS ME. THE SOCIAL PART IS WHAT MAKES IT UNIQUE. EVERYONE CAN SHARE THEIR STORIES AND THAT COMPLETES THE PROJECT FOR ME.”



“[BECAUSE OF WALKING FOOTBALL I HAVE] MET NEW PEOPLE WITH WHOM I DEVELOPED BONDS OF FRIENDSHIPS BESIDES THE TRAINING SESSIONS AND I WAS ABLE TO DEVELOP RELATIONSHIP SKILLS.”

“I FEEL AS IF I HAVE MUCH MORE PHYSICAL CAPACITY AND IT ENDED A PAIN THAT OCCASIONALLY BOTHERED ME.”



“NO ONE IN THE GROUP EVER PLAYED FOOTBALL AT A HIGH LEVEL. WE AREN'T JUST SOME OLD FOLKS KICKING AROUND A FOOTBALL. WE'RE LEARNING NEW TECHNIQUES AND GAME SITUATIONS AND WE PRACTICE DIFFERENT FORMS OF MATCHES.”

“WHEN I THINK OF WALKING FOOTBALL I THINK OF BEING FIT, OF BEING TOGETHER AND OF FOOTBALL. I'D GIVE EVERYTHING FOR WALKING FOOTBALL.

EVEN IF THE TEAM MOVED, I'D STILL DO ANYTHING TO BE ABLE KEEP PLAYING.”



“IT IS THE BEST MY KNEES HAVE FELT IN YEARS AND I AM ABLE TO TAKE PART IN SESSIONS.”



“MY PHYSICAL ACTIVITY INCREASED WEEK BY WEEK. A MONTH AGO, I WENT FOR A TWO HOUR WALK WITH MY NEPHEW AND HE ALMOST BEGGED ME TO STOP BECAUSE HE WAS TIRED. AFTER EVERY SESSION, I TRULY FEEL REBORN, IT IS LIKE LIVING MY SECOND YOUTH.”

“SOME PEOPLE WHO USED TO BE AFRAID TO PARTICIPATE IN AN ACTIVITY BECAUSE OF NOT KNOWING ANYONE, NOW CARPOOL WITH THEIR TEAMMATES AND ATTEND WEEKLY CARD GAME EVENTS.”



“AT A CERTAIN AGE, AS YOU GET OLDER, YOU WILL REACH THE AGE OF RETIREMENT. EVERYBODY WHO HAS BEEN RETIRED WILL NOTICE THEIR LIFE CHANGES. OUR PERIOD OF EMPLOYMENT ENDS AND YOU WILL HAVE LOTS OF TIME, WHILE YOU LACKED TIME IN THE PAST DECADES. THE N.E.C. OLDSTARS FILL UP THAT GAP AND THEY PREVENT PEOPLE FROM GETTING LONELY AND UNHEALTHY.”



“PLAYING WALKING FOOTBALL IS A LOT OF FUN FOR ME. I HAVE NOT PLAYED FOOTBALL FOR NEARLY 20 YEARS AND ALWAYS MISSED THE GAME. BECAUSE OF MY HEALTH, I STARTED DOING SPORT REHABILITATION, BUT I HAD NO PASSION FOR IT. PLAYING WALKING FOOTBALL GIVES ME THE FEELING THAT THE SPORT REHABILITATION IS GOOD FOR SOMETHING BECAUSE IT HELPS ME TO GET MORE FIT.”

“AFTER THE TRAINING SESSIONS, WE MEET AT THE SUPPORTERS POINT, WHERE WE SIT TOGETHER AND DISCUSS HOW THE CLUB IS DOING AND A LOT OF OTHER TOPICS WHICH ARE GOING ON. IT IS JUST A GREAT TEAM AND HAS A LOT OF POSITIVE SOCIAL ASPECTS.”





“WALKING FOOTBALL IS SUCH A GREAT OPPORTUNITY FOR ME. AS A CHILD, I WOULD GO WITH MY FATHER TO THE STADIUM TO WATCH THE PSV GAMES. WHEN I FIRST HEARD ABOUT THE WALKING FOOTBALL PROJECT, I IMMEDIATELY DECIDED TO GIVE IT A TRY. I REALLY WANTED TO STAY PHYSICALLY AND SOCIALLY ACTIVE.”



“I HAD A HARD TIME ADJUSTING WHEN I RETIRED AND REALLY STRUGGLED. NOW EVERYTHING HAS CHANGED. I EVEN DO MY GROCERY SHOPPING BY FOOT AND CHOOSE THE STORE THAT IS AT THE LONGEST DISTANCE.”



“WALKING FOOTBALL GIVES ME THE EXERCISE THAT I NEED AND I AM MEETING NEW PEOPLE WHILE I DO IT. I HAVE FOUND A NEW CIRCLE OF MATES. THE BASIC THING THAT BRINGS US TOGETHER IS THE SHARED INTEREST IN FULHAM FOOTBALL CLUB, SO WE ALL REMEMBER THE OLD PLAYERS.”

“YOU GET YOUR KIT ON, YOU’VE GOT THAT FEELING IN THE DRESSING ROOM, YOU’VE GOT YOUR MATES AROUND YOU, YOU GET ON THE PITCH, YOU GET SPLIT INTO TWO TEAMS – IT’S JUST LIKE BEING IN SCHOOL AGAIN.”



“THE PARTICIPANTS FEEL THAT THEY ARE A PART OF THE CLUB AND THEY ARE PROUD TO PUT ON THE UNIFORM.”

WALKING FOOTBALL CASE STUDIES

VÅLERENGA - TRAINING METHODS

THE VÅLERENGA LEGENDS TEST TRAINING METHOD “ABALL 1”

In December 2016, the Vålerenga “Go Football-Legends” took part in a session to familiarise the team with new training methods. The method called “Aball 1” is a relatively new concept that Vålerenga delivers in cooperation with Gladiator GT. The method is centred around an approach that engages participants in a physical, playful and mental way. Overall, “Aball 1” combines a new and innovative way for increasing physical activity with fun and engaging learning tasks.

“Aball 1” for children focuses specifically on building cooperative skills, while being physically active. The activities belonging to the approach are divided into different categories and all involve physical activity. The tasks can be adapted to different levels of motor skills and cognitive development.

Although the methodology is primarily targeted at children and young adolescents, the Walking Football team of Vålerenga proved during their session that the approach is also attractive to the older generation. The Legends were very eager to complete the tasks and were highly competitive throughout the training.

At the end of the session, Coach Glenn pointed out that the biggest challenge was to ensure that no one was cheating and mentioned that the Legends were “much worse” regarding that aspect than the younger children!

Ultimately, the Vålerenga “Go Football-Legends” had a very successful and enjoyable session. They familiarised themselves with the different and new approach and it was a valuable lesson to add to the Walking Football programme.



FULHAM FC FOUNDATION

- PROGRAMME SUSTAINABILITY

The European Legends programme is a positive example of how the power of football can inspire older individuals to enhance their health and well-being, promote social cohesion and create opportunities for volunteering.

This section showcases the endless opportunities that a Walking Football or Walking Sport programme can create within the local community by bringing people and organisations together!

Through the development of partnerships and collaborative relationships, clubs can create sustainable and lasting programmes that remain functional after the end of a two year funding period.

Image 1 depicts where Fulham FC Foundation started with the Walking Football programme.

Throughout the lifecycle of the Walking Football programme, stakeholders and partners whose interests aligned with the programme outcomes (the health and well-being of the target group) supported or collaborated on the initiative and experienced positive impacts. Working collaboratively with stakeholders

in the community who share similar objectives such as addressing health and social challenges, helps to form enduring, synergistic relationships and increase the sustainability of the programme in the future.

Image 2 highlights the efforts that have been put forth by Fulham FC Foundation to create a sustainable future for the

programme and for future funding opportunities in the community.

During the development of the European Legends programme, a key discussion point is identifying potential collaborators in the community early, in order to ensure the sustainability of the programme.



IMAGE 1



IMAGE 2



PROGRAMME BUDGET

The Walking Football Session programme costs table provides information about the costs of delivering a Walking Football programme. In this example budget, costs have been calculated for a 20-week programme with sessions being delivered once per week at 90 minutes in duration. Keep in mind that the costs will vary depending on which city or country you are running your programme in.

Thus, it should be noted that the cost estimation is indicated in Dutch prices and the estimates are based on the provision of 20 sessions (once per week, 90 minutes duration) in the Netherlands.

Three resources in particular will comprise the majority of your costs in a 20-week programme. These three resources are:

1. **FACILITY RENTAL FEE**
(FOOTBALL PITCH, SPACE FOR SOCIAL GATHERING)
2. **NEW FOOTBALL EQUIPMENT AND KITS FOR PARTICIPANTS**
3. **A COACH OR FACILITATOR FEE**
(IF THE CLUB CANNOT PROVIDE A QUALIFIED COACH)

As previously mentioned, to lower your expenses, try to seek out a qualified coach who is willing to provide Walking Football sessions on a voluntary basis.

It is not required to purchase all of the stated equipment in order to deliver a Walking football session. Providing cost-effective sessions for much less is possible. It is advisable to first take an inventory of equipment available at the club itself to see what kind of equipment the club can provide. Alternatively, you can ask for a participant fee, payable by each participant, to help cover costs of equipment and player kits.

WALKING FOOTBALL PROGRAMME (COSTS IN €)

OPERATIONAL COSTS

FACILITY RENTAL FEE (59.00 PER HOUR) (1 SESSION X 1.5HR/WEEK X 20WKS)	€ 1.770,00
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COACH OR FACILITATOR FEE (20.00 PER HOUR) (1 SESSION X 1.5HR/WEEK X 20WKS)	€ 600,00
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SET-UP COSTS

KIT/EQUIPMENT (10 PLAYERS):

• FOOTBALL SHIRTS	€ 140,00
• TROUSERS	€ 89,00
• SOCKS	€ 65,00
• SWEATSHIRTS/JACKETS	€ 199,00

TRAINING EQUIPMENT:

• BIBS (10X)	€ 20,00
• CONES (30X)	€ 7,50
• FOOTBALLS (10X)	€ 56,00
• GOALS (3X1 METER)	€ 200,00

SOURCES

EFDN WOULD LIKE TO ACKNOWLEDGE THE RESOURCES AND DOCUMENTS WHICH WERE REFERRED TO AND USED IN THIS PRACTITIONER'S GUIDE.

EUROPEAN FOOTBALL FOR DEVELOPMENT NETWORK

www.efdn.org
www.europeanlegends.eu
www.morethanfootball.eu

SL Benfica
 Club Brugge
 Fulham FC Foundation
 KAA Gent
 N.E.C. Nijmegen
 PSV Eindhoven
 Tottenham Hotspur Foundation
 Vålerenga Fotball
 VfL Wolfsburg
 Vitesse Arnhem
 SV Werder Bremen
 Anorthosis Famagusta
 Feyenoord Rotterdam

EUROPEAN UNION – HEPA GUIDELINES

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OLDSTARS WALKING FOOTBALL – NETHERLANDS

WALKING HOCKEY WORLD

www.walkinghockey.com



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**Questions?
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