

2020/21

# THE SCHOOL OF FOOTBALL

Person 1st ... Player 2nd



**SKILLS  
FOR LIFE**





## WELCOME

### An outline of the programme.

Welcome, I am delighted to introduce you to our School of Football project. The project is first and foremost an initiative designed to develop young boys' and girls' Social and Cognitive skills using the daily football coaching. It is this vehicle that will encourage the attributes needed in order to be a confident, respectful and well-rounded individual in and out with school.

The project started out in six schools across the country and as the feedback from the players, teachers, coaches and heads of education was so positive we have continued to develop the programme across the country.

Imagine getting up every day for school knowing you will get a chance to lace up your boots, get a kick of the ball and be coached by a fully qualified Scottish FA coach. I would have relished the opportunity to be part of a project like this and I know that the young people involved are embracing being part of such an innovative scheme.

The information in this booklet contains all you need to know about how the Schools of Football function within the education system and also includes a number of testimonials from parents, teachers and pupils.

The Scottish FA endeavour to make use of every resource we have and develop partnerships that will look after and nurture every young person who has an interest in our national sport.

Best Wishes,

**Andrew Gould**

HEAD of FOOTBALL DEVELOPMENT  
SCOTTISH FOOTBALL ASSOCIATION

## WHAT IS THE SCHOOL OF FOOTBALL?

The School of Football is first and foremost a project aimed at developing the social and academic skills of young people during their first and second year of high school. We work on the basis that many skills developed while working in a football environment are transferable to school work and social situations.

Communication skills, following instructions, being creative and problem solving are skills either naturally acquired or developed when learning to play football, but can also be applied in classroom situations, in the playground, at home or in the street.

For many young children, football is an activity that captures their imagination and brings joy and happiness to their life. This is why through the School of Football project we use the sport to engage participants in school life as a whole.



## HOW DOES IT WORK?

A highly qualified (accredited by Scottish FA) coach is employed for the daily delivery and coordination of each School of Football and is responsible for the daily delivery and coordination of the project. Coaching takes place during school time after an appropriate timetable is developed by the school. In most cases one subject is dropped to make space for football with support provided by staff to allow the pupil to remain up to date with their studies.

Pupils are made aware of the opportunity to be involved in the School of Football while still at primary school. If the pupil and parent or guardians are interested they are encouraged to apply and are then invited to take part in a selection process that comprises of the following:

- Interviews with parents, pupil, teachers and guidance staff
- Technical selection days (playing ability)
- Teacher Recommendations

As mentioned before, the primary focus of the School of Football project is to develop the person as a whole, not just as a football player. However, in order for the coaching sessions to run smoothly and efficiently the ability of the player must be of a competent standard. Having said this, it is important to understand that it is **not simply about selecting the most talented players**. Football is more than just an elite or recreational sport, it is an activity that can motivate and inspire people to achieve more in their life.

The sessions delivered by the coach aim to assist each participant in the achievement of Curriculum for Excellence outcomes including an ability to communicate effectively, being responsible for actions, contributing to their own and others learning experiences and becoming more confident people. Football can deliver these outcomes and they will be reinforced daily to every participant for the two year duration they are in the project.

## CONTENT

Each daily coaching session has four main components which focus on the development of:

- Technical skills (passing, shooting, control, finishing etc)
- Tactical skills (defending, attacking, 4v4 etc)
- Physical skills (stamina, strength, speed, agility etc)
- Mental skills (mental strength, focus, discipline etc)

The coach delivers these components over the course of the programme in a clear manner while also focusing on making the sessions enjoyable.

Whilst we focus on the development of the players' skills it is important to note that the School of Football is not a team and will never play as a team in a competition.

There is also a recovery session generally at the beginning of the week. This is to aid the body's healing process after a weekend of activity or games away from school.



Here is an example of how the timetable may look:

	8.55- 9.50	9.50 – 10.40	10.40 – 10.55	10.55 – 11.50	11.50 – 12.40	12.40 – 13.40	13.40 – 14.35	14.35 – 15.30
Mon							SoF	
Tues				SoF				
Wed								SoF
Thurs		SoF						
Fri	SoF							

This is only an example and the creation of an appropriate timetable is developed by the school.

### HOW A FRIDAY MAY LOOK

Based on the example timetable above pupils would arrive at registration ('homeroom') as normal. Instead of going to a regular class like other students they would make their way to the PE department to take part in the School of Football class.

They would change into the training clothes provided and work either on the pitch or the games hall (depending on weather) until 9.40am. After the session participants would change back into their school clothes and go on to their normal timetabled class.

### MONITORING AND EVALUATION

In order to monitor the effectiveness of the programme we use the following:

- Skill tests
- Parent evenings
- Academic report cards
- Guidance reports
- Attendance figures (both at the class and at school)

The results are monitored regularly to provide support to the pupils' development from both a playing, academic and social point of view.

### WHO ARE WE LOOKING FOR?

The two year programme is exciting and enjoyable, but demanding and requires focus so it is important that throughout the selection process you demonstrate that you:

- are passionate about football
- have a reasonable ability level
- behave appropriately during coaching and meetings

We want to make it clear we hope to encourage young boys and girls who feel they would benefit from the project regardless of their previous academic ability or history of behaviour. A new start comes at high school and within the School of Football we aim to give you a helping hand no matter what your background.



## SOCIAL VALUE LABS REVIEW 2019

There has been ongoing evaluation of the initiative since 2008. Key figures from the 2019 evaluation, that demonstrate the programme's success are as follows;

- 98% of young people reported an increase in confidence because of their participation in the programme
- 99% of schools that were surveyed reported that there was an increase in confidence in individual pupils taking part in the programme
- Almost all young people confirmed that their behaviour had improved (97%) and had seen an increase in aspiration (99%) due to their involvement in the programme
- The vast majority of school staff (95%) thought that the wellbeing of young people participating in the programme had improved
- School staff observed a positive impact of the programme on attendance (87%) and attainment (77%) of the pupils involved



## CONTACTS

### Scottish FA Regions

#### ScottishFA North Region

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### Player & Coach Development Managers

#### North

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Further information can be found at [www.scottishfa.co.uk](http://www.scottishfa.co.uk)

## SELECTION PROCEDURE

Each region has its own format for selection which will be communicated in an accompanying letter, however if you require any further information about the process or any other matter please do not hesitate to contact the Player & Coach Development Officer at your region.

We wish you all the very best at luck in your future high school life and ask that whatever way you can manage, make football a part of it!

“She has made new friends which has helped her self-esteem”

Parent of School of Football participant

“

It improved my behaviour in school, makes me want to come to school”

School of Football participant

“

Attendance levels for some young people were a worry, but the draw of the programme is huge”

Teacher with School of Football

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## School of Football - Application Form 1

Surname	<input type="text"/>
First Name(s)	<input type="text"/>
Date of Birth	<input type="text"/>
Name of Parent or Guardian (To whom correspondence should be sent)	<input type="text"/>
Home Address	<input type="text"/>
	Postcode: <input type="text"/>
Tel (Day)	<input type="text"/>
Mobile	<input type="text"/>
E-Mail	<input type="text"/>
Medical Conditions	(if applicable) <input type="text"/>
School Attended	<input type="text"/>
Club (if any)	<input type="text"/>
Please list other sports you participate in:	<input type="text"/>

Signed (Parent/Guardian)	<input type="text"/>
Date	<input type="text"/>

Please tear off page and return to your Teacher.

by:	<input type="text"/>
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[scottishfa.co.uk](http://scottishfa.co.uk)

Search "Scottish FA School of Football" for more information.



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