

Guidelines to help run your own Church Camp

Purpose

From Friday the 17th July the government confirmed that grassroots football can return. Outdoor football activities can now take place with necessary modifications in place to restrict the transmission risk of Covid-19.

The purpose of this booklet is to give you and your church a basis for organising a community football outreach session that falls in line with current FA and government guidelines. This will allow you to run a safe and exciting session.

These are guidelines and Ambassadors Football can take no responsibility for any activities that are run outside approved Ambassadors Camps. If you do have any questions please do get in touch at gb@ambassadorsfootball.org.

Current Guidelines

A summary of key points to consider from the FA guidelines are listed below: For further detailed information we recommend that you read the following [FA Guidance here](#) and the [government guidance here](#). This was correct at time of publishing, please check for updates.

- Everyone should self-assess for COVID-19 symptoms before every training session or match. If you are symptomatic or living in a household with possible or actual COVID-19 infection you must not participate or attend.
- Clubs and facility providers should ensure that their facility is compliant with current Government legislation and guidance related to COVID-19.
- Competitive training is now permitted, with groups limited to a maximum of 30 people, including coaches.
- Competitive match play is permitted, with social distancing in place before and after the match, and in any breaks in play.
- Players and officials should sanitise hands before and after a game as well as scheduled breaks throughout a game or training session.
- Ball handling should be kept to a minimum with most contact via a boot and the ball disinfected in breaks of play.
- Youth football coaches are encouraged to limit persistent proximity of participants during match play and training.
- Goal celebrations should be avoided.
- Equipment should not be shared, and goalkeepers should ensure they disinfect their gloves regularly in breaks in training or matches and thoroughly afterwards. Where possible, coaches should only handle equipment in training.
- Participants should follow best practice for travel, including minimising use of public transport and walking or cycling if possible. People from a household or support bubble can travel together in a vehicle.
- You should keep a record of attendees at a match or training session, including contact details, to support NHS Test and Trace.

What you need to think about?

With restrictions in place it is important that you think about the following elements before running your football session.

Insurance: Make sure you have the correct insurance in place. Does your current church insurance cover you to run an event like this? Your local FA provides insurance for grassroots football clubs. They can direct you further if needed.

Covid-19 Officer: It is recommended that a Covid-19 officer should be in place and it is their job to run a thorough risk assessment before any activity takes place. They should follow the current NHS test and trace protocols.

Be prepared for the possibility of a local lockdown. Regular contact with parents, carers, coaches and volunteers is vital.

Travel: Current government guidelines want to minimise the use of public transport or encourage travel to fall outside of peak hours. Keeping this in mind, think about the timings of your activities.

Indoor football is still not permitted under current government guidelines.

Private Facilities: Can reopen if those responsible for them are ready to do so and they can do so safely, following COVID- 19 Guidelines. Please make sure any private facility you use has a risk assessment and is following all the guidelines in place.

Public Parks: If you decided to use a public park, we recommend that you first get permission from the council beforehand so you are fully aware of any restrictions that they may have in place. It is also especially important when using a public park to think about the following:

- Timings: Use the park when it is less busy.
- Location – Where is the best place for you to set up that avoids crowds and allows easy access for parents/carers dropping of the children?
- Entry and exit: How are the children going to arrive and leave, is this well sign posted?
- Space: Do you have enough room to run your session safely? Knowing how much space you have, how many children can you realistically have, Maximum 30.
- When the children arrive and leave, they will need to sanitise their hands. Where can they do that?
- Always avoid congregating. This will be especially important when the children arrive to register and when there are leaving. It is important to think about how that process can run safely and smoothly.
- Toilets – most toilets in public parks are currently closed. Please factor this into the planning and length of your session time.

Equipment: It is important that you have enough equipment in place so that sharing is avoided e.g. Do you have enough footballs, goalkeeper gloves and training tops? If a football gets a puncture do you have spares? Each coach will also need their own separate equipment e.g. Cones, whistle, pumps etc. It is encouraged that football equipment is cleaned after each session.

Cleaning of Equipment: If you are using goalposts or poles, they need to be wiped down before and after matches or when used in various drills.

Participants should arrive changed and ready to take part in the session.

Participants should **bring their own drinks and refreshments** in clearly labelled containers.

Age-related groups: The FA recommends that children play against other children within a 2-year age-band. E.g. a 9-year-old could play against a 7-year-old or an 11-year-old, but a 7 year should not play against an 11-year-old. Try to organise age-groups based on school years (e.g. Group 1: Years 3 and 4, Group 2: years 5 and 6 etc.)

Volunteers: People from the church with a heart to reach out into their community. If you have anyone with experience of coaching and/or coaching qualifications, even better! Try to maintain a ratio of around 1 leader to every 8-10 children. Make sure you have recruited your leaders & helpers in line with your church's safeguarding policy. Also, get as many people as possible from the church to pray for the event.

Prizes, medals and certificates: Children love prizes and medals, we recommend trying to give out a good number during the session. If you can create your own certificate to award that could be a good idea. You can run competitions such as penalties, crossbar challenge, dribbling etc. We award players of the day and sportsmanship awards.

Session Format: A format that tends to work well for this type of session would be the following, please adapt to suit your needs.

- Welcome/intro (5 mins)
- Warm Up (10 mins)
- Skill practices/ Fun games (30 mins)
- Talk (20 mins)
- Tournament (50 mins)
- Wrap-up & give out prizes (5 mins)

Coaching Tips

We wanted to give a few tips on running successful sessions as a coach. We know from the many examples in the Bible like the disciples, David, Rahab, Noah, Sarah and the list can go on and on, that when we seek God in what we do, he will honour us. ***“But seek first his kingdom and his righteousness, and all these things will be given to you as well.” Matthew 6:33.*** So as you plan and run your session remember to keep seeking Him. Do not worry or rely on your own ability as a player or coach but trust in Him.

The key value to Ambassadors is to make the children who attend feel loved and valued. Make it fun and use your session to share Jesus, not just in the Bible time but in your words and actions during the whole session.

Communication:

- Gain the attention of the whole group.
- Think about your verbal and nonverbal communication.
- Can you teach any coaching points to an individual or a group?
- Check for understanding and repeat.
- Get the group active quickly (within 90 seconds if possible).
- Be enthusiastic.
- Be patient.
- Be firm and fair
- Be open
- Be prayerful
- Be inclusive

Coaching:

- Ensure tasks provide the correct amount of difficulty.
- Keep activities moving forward at an appropriate pace.
- Make activities imaginative and realistic to a match.
- Add variety.
- Make sure you plan, particularly for transitions between games.
- Be clear about expectations.
- Praise and build up players as much as possible.
- Reinforce good character and attitudes as well as good performance in session.

Use **STEPS** to make tasks easier or more challenging for players by changing the...

SPACE: Reduce or increase the space for the players to play in.

TASK: Can you simplify the game or make harder for some players. E.g. Only use weaker foot, limited touches, no tackling, more bounces allowed...

EQUIPMENT: Changing the equipment e.g. Make the goals bigger, remove a goal, less footballs...

PEOPLE: Can you change the teams or pairs to help players.

SPEED: Ask players to go faster or slower. You can increase or decrease the time available in the game.

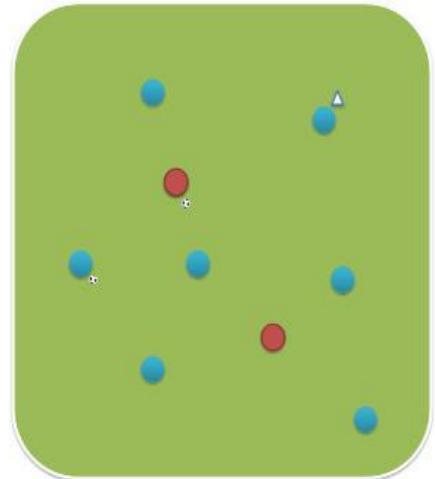
The following pages contain examples of fun games and skill practices that can be used in a session like this. We have included some socially distanced ideas too if you want to keep the children apart.

There are also some templates to help organise a tournament.

Warm Up Games

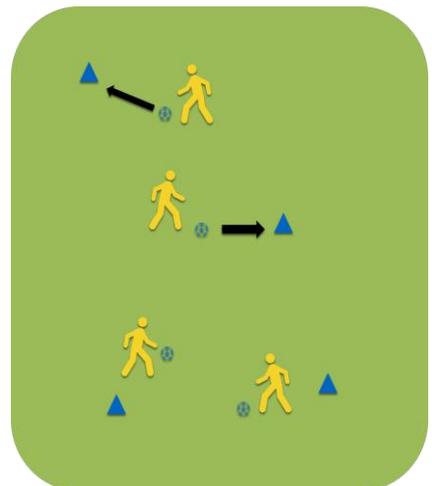
Ball Tag

- Choose 3 or 4 players to be 'taggers' (choose more or less depending on the size of your group).
- Taggers must throw the ball between them and, holding the ball in two hands, tag other players with the ball.
- Once tagged a player must do 5 star jumps before continuing.
- Change taggers every couple of minutes
- **Progression:** Give each tagger a ball. When they tag a player, that player then becomes the tagger. Stop the game every 30 seconds or so. Players with a football get a forfeit, e.g. 5 star jumps; a lap of the marked area etc.



Nutmeg Tag

- Choose 3 or 4 players to be 'taggers' (choose more or less depending on the size of your group).
- All players apart from the taggers have a ball and must dribble the ball around the playing area.
- Once tagged, a player must pick up their ball, then freeze, holding their ball above their head whilst standing with their legs apart.
- Players can be released and re-join the game if another player 'nutmegs' them.



Cone Tag

- Each player has own cone and ball.
- They have to defend their cone and attack other player's cones.
- You score and lose points when you hit other cones or your cone is hit.
- **Progression:** You can work in teams and put a ball on top on the cone so the players have to knock the cone off to score points.

Dynamic Stretches

Finish the warm up with a series of dynamic stretches - essentially a series of controlled movements that prepare the body for the activity ahead. Some examples are:

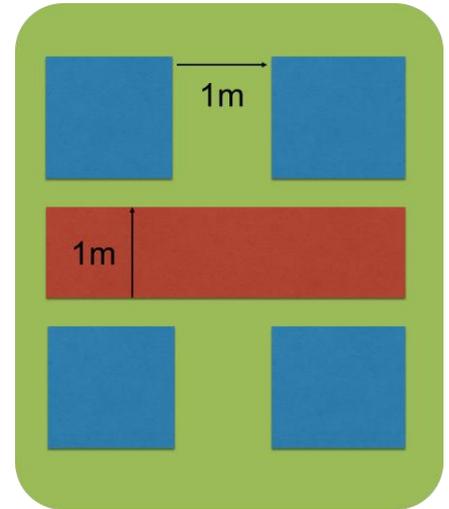
- **Open/ close the gate (hips/adductor muscles):** every few steps lift leg forwards until thigh is horizontal with knee bent at right-angle; move thigh out to the side as if controlling the ball in the air with the inside of the foot and lower leg again. To close the gate lift leg out to the side and bring it to the middle as if doing a side-foot volley.
- **Leg swings (hips/quads/hamstrings/glutes):** Stand on one leg whilst swinging the other in a kicking motion as if striking the ball. Start slow with small range of motion, gradually increase speed and kick further.
- **Forward/Backwards Arm Circles (shoulders/chest & back muscles):** Rotate the arms forwards/backwards in a circular motion. Vary the size of the circles made with the arms from small to large. As a fun twist, try one arm forwards whilst simultaneously moving the other backwards!
- **Ankle rotations (ankles/calves):** Standing on one leg, slightly raise the other keeping the raised leg straight. Rotate the ankle both clockwise and anti-clockwise.

Socially Distanced Games

Football Tennis

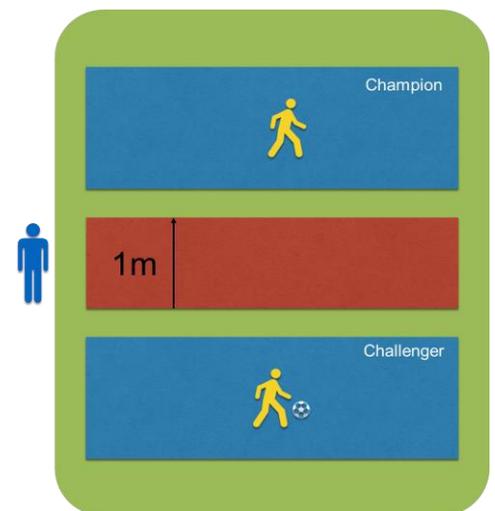
- Each player is allocated their court which is socially distanced from their opponent and teammates. If you don't have a net, it can be created with a wide barrier using cones.
- Play starts with one player serving with a half-volley diagonally over the net.
- Ball is allowed to bounce once and must be returned in one touch with any body part apart from hands/arms.
- Normal tennis rules apply but players must hit into an individual's square and NOT gap in between to maintain social distance.
- **Progression:** players can have 3 touches between them to return the ball but not two consecutive touches per player.

This game requires honesty - the Bible says, ***"God detests lying but delights in people who are trustworthy."*** Proverbs 12:22



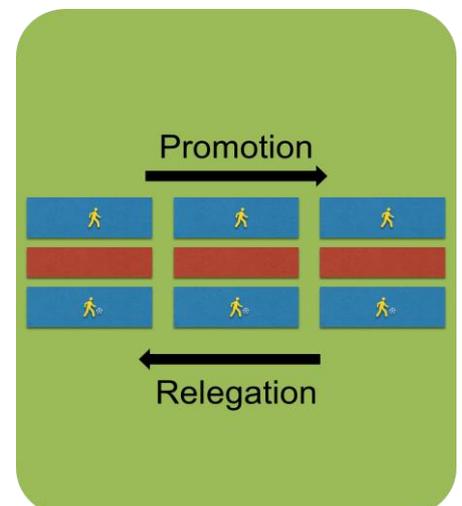
Champions

- 1 v 1 football-tennis game.
- Champion is allocated one side of the court which is socially distanced from the challenger.
- 3rd player can act as umpire.
- Challenger always serves.
- Points can only be scored from the Champions' court.
- If Challenger wins rally, they replace Champion and new Challenger (umpire) joins in.
- You 'keep' your Champions point's and add to them throughout the game.
- Normal tennis rules apply - one bounce max & one touch to return the ball.
- **Progression:** weak foot only; 2 touches but no bounce.



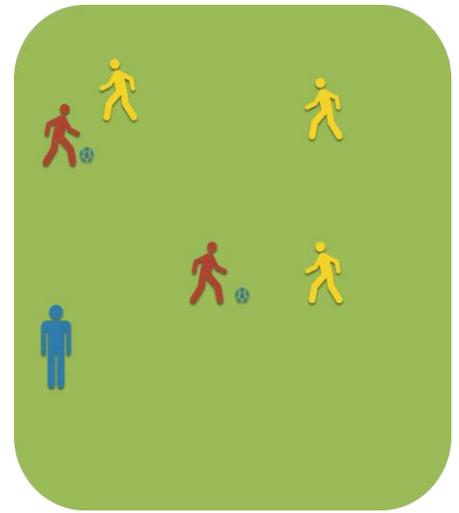
Promotion/Relegation Pairs

- Each pair is allocated their zone which is socially distanced from their partner and other pairs adjacent to them.
- The net can be created with a wide barrier using cones to maintain 2m between players.
- The coach (or players) select a skill which players must perform between them e.g. headers, volleys, 2 touch passes, etc.
- Ball is allowed to bounce once and Pairs must attempt to complete as many successful passes as they can within a time limit (60secs)
- Coach then asks for scores - IF you score MORE than next team up the league, you can replace them in their position for next round.
- Pairs must move safely into adjacent zones, maintaining 2m distance where possible.



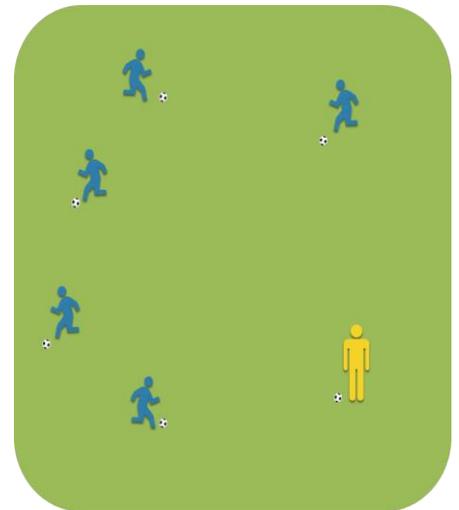
Pairs Technical

- 2 players with a ball, 3 without. The 3 players without must jog lightly around the area and approach the players with the ball.
- Player with the ball then plays the ball into their feet and gives a clear instruction - left foot, right foot, 2-touches, turn, trick, etc.
- Receiving player follow the instruction and passes back.
- Use variety of skills; headers, volley, catches, chest, etc.
- Switch roles after 60 seconds.
- You can incorporate stretching.



Individual Skill Challenges

- Each player given a ball. Coach (or players) select a skill from the list below and a quantity. Coach demonstrates it and gives players a few seconds to have a practice. On coach's command, players must then try to complete the skill before anyone else. e.g. 20 x mini-dribbles. First player to finish sits on their ball. Scoring: 1st = 5pts, 2nd = 4pts, 3rd = 3pts, etc.
- Ground skills: Toe-taps, mini-dribbles, sole V's, Rivaldo's, squeeze turns, Brazilian dribbles, step-overs.
- Ariel skills: one-bounce; single-foot kick-ups (L/R); single foot hopping; alternate feet; knees; LF,RF,LK,RK; headers (if age appropriate), any surface/order.



Encouragement: ***"Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."*** *Philippians 1:6.*

Keep working hard until you complete what you've started. Believe that God is with you, helping you with that process, even when it seems difficult.

Football Golf

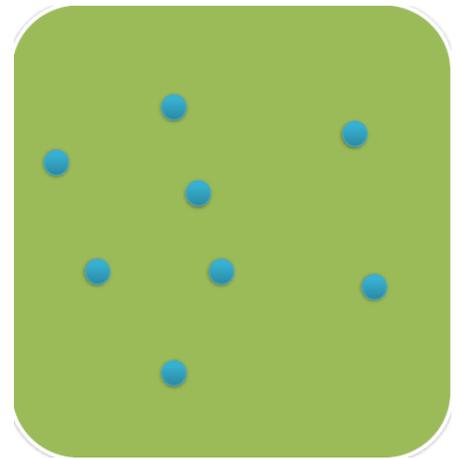
- Each player to have their own ball and use feet only!
- Players to get ball towards 'hole' in as few touches as possible.
- Add barriers for balls to go around, through or over.
- Utilise cones, bins, etc. to represent bunkers, lakes, tunnels, etc. Penalty strokes for hitting hazards.
- Encourage different techniques - swerve, chip, loft, side-foot, etc.
- Distance of challenge depends on size of pitch, i.e. use full MUGA but only half of 11-a-side pitch.
- Coach can set 'par' for each hole & create score cards!



Skill Practices and Fun Games

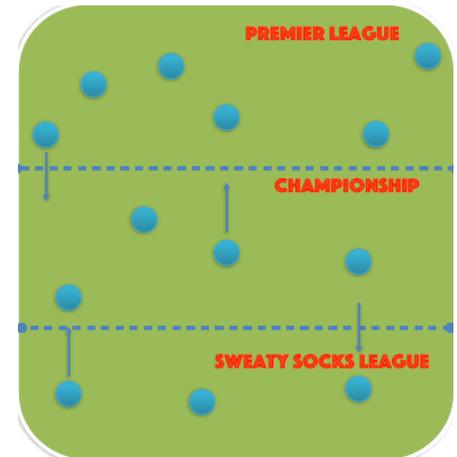
King of the Ring

- Every player has a ball.
- The aim is to for players kick everyone else's ball out of area while protecting their own ball.
- Once a player's ball is kicked out of the area, they collect their ball (without kicking anyone else's ball) and complete a challenge (e.g. 10 toe-taps) then return to the game.



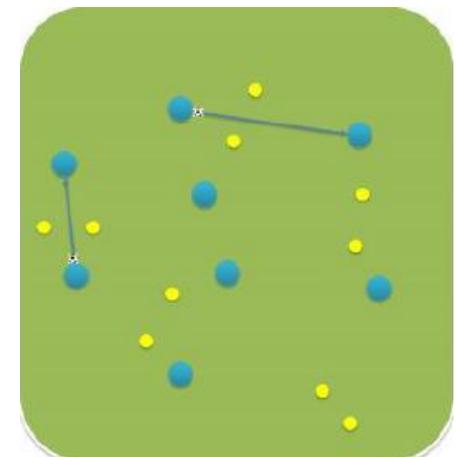
King of the Ring Variation

- Make 3 grids. Each grid represents a different league...
- All players start in the 'Premier League'.
- When their ball is kicked out, they get relegated to the next league.
- If a ball is kicked out of the 'Championship' grid, they get relegated to the bottom league; the 'winner' gets promoted back to the 'Premier League'.
- If a player is relegated from the bottom league, they do toe taps & re-enter that league again.



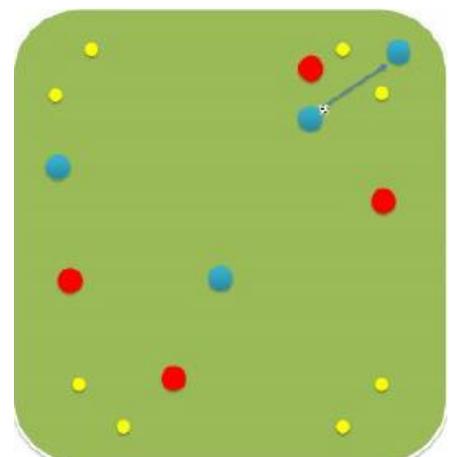
Through the Gate

- Place pairs of cones around the playing area a yard or two apart to form mini goals/gates.
- Divide the group into pairs, one ball for each pair.
- Players must pass and dribble in their pairs around the playing area scoring points by playing a pass through a gate to their partner.
- Once a pair have scored a point at a particular gate, they must then go and find another gate.
- **Progression:** Set a time and see how many each pair can score in the time set. Who got the most? Can they go again and beat their own score?
- **Progression:** You can add 1 or 2 defenders to defend against the pairs.



Four-Goal Football

- Using cones make four small goals set in from the side-lines.
- Divide the group into two teams.
- The aim of the game is for teams to create an opportunity to play a pass through a goal to a team mate on the other side. A point is given only if the player on the other side can control the ball and keep possession.
- A team cannot score on the same goal twice in succession without first attempting to score on a different goal



Conditioned Games

Conditioned games allow players to train in competitive and fun boundaries of a game or match, they involve rules to help encourage players to develop a specific tactic or skill. You can change the boundaries to match your player's age and ability.

Here are some examples:

- Make 4 passes before you can score.
- Pass to everyone on your team before you can score.
- Dribble past at least one player before you can score.
- Keep ball below head height.
- Only score with a volley, first time finish, header etc.
- Players only allowed a certain number of touches.

5 Ways to Score

- Each team comes up with 5 unique ways of scoring a goal e.g. Header, volley, 1st time shot, left foot, back heel.
- Teams don't have to have the same types of goals.
- First team to score all 5 of their different ways wins!
- Teams to hold team talks to decide on tactics for scoring/defending different types of goals.

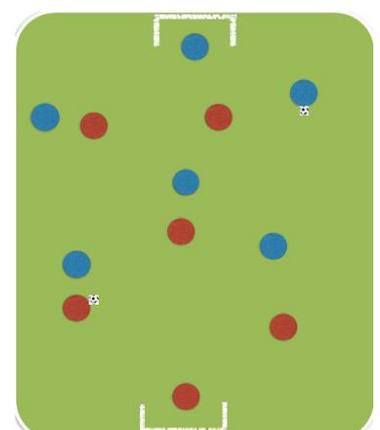
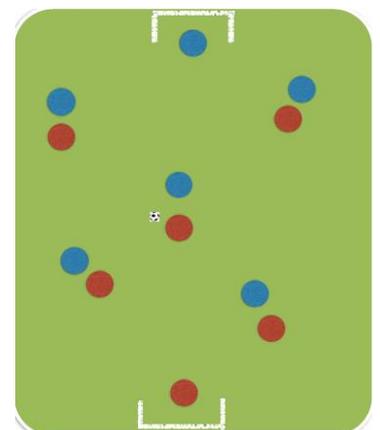
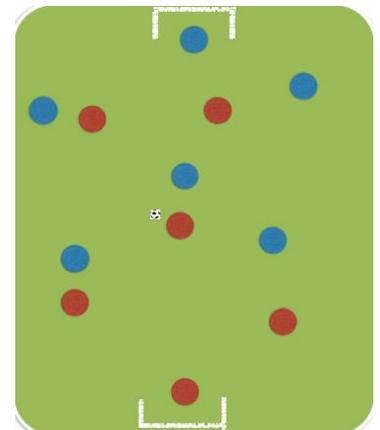
We all have different roles in the team & need to appreciate everyone's unique strengths & not compare ourselves to one other, **"...Now you are the body of Christ, and each one of you is a part of it."** **1 Corinthians 12:12-27**. God has a role for us to play in his team.

Man Marking Game

- Players 'match-up' against a member of the opposition.
- They must mark that player for the whole match. Only they can tackle one another; if attacker gets away from defender, nobody else can intervene.
- Can lead into discussion about responsibility, etc.
- You can stop the game to talk about responsibility and they can change who they are man marking.

2-ball game

- Each team starts with their own ball (different colours if possible), trying to score.
- Start with normal game of football then apply following conditions:
- First team to score with own ball.
- First team to score with opponents' ball.
- First team to be in possession of both balls.
- Teams to hold team talks to decide on tactics for each conditioned game...



Tournaments

For the remainder of the session, split the group into teams and run a little tournament. Try to keep teams of similar ages playing against each other - this may mean running two tournaments at the same time (e.g. Schools years 3 and 4 tournament and a year 5 and 6 tournament). Make sure to have someone designated as a referee for each match and provide them with a whistle!

Below are some examples of possible formats that could be used for your tournament. You can adjust the times of games to fit into the time available.

3 team tournament:

- Teams play each other twice (6 x 5 min matches = 30mins).
- 3 points for a win, 1 point for a draw.
- After all group games, the second and third placed teams play each other in a semi-final (5min match).
- Winner of semi-final plays the group winner in the final (5 min match)
- Total match time = 40mins leaving 10mins spare for change-overs between matches

Fixtures:

Team 1 v Team 2
Team 2 v Team 3
Team 1 v Team 3

4 team tournament:

- Each team plays every other team once (6 x 5min matches = 30mins).
- 3 points for a win, 1 point for a draw.
- After the group matches, the third and fourth placed teams play a third/fourth play-off (5mins) and the top two teams play in a final (5mins).
- Total match time = 40mins leaving 10mins spare for change-overs between matches

Fixtures:

Team 1 v Team 2
Team 3 v Team 4
Team 2 v Team 3
Team 1 v Team 4
Team 1 v Team 3
Team 2 v Team 4

Pitch Dimensions

5 v 5 At least 40 x 30 yards
6 v 6 At least 50 x 30 yards
7 v 7 At least 60 x 40 yards
8 v 8 At least 80 x 50 yards